



**RWC NORTHERN NECK /
MIDDLE PENINSULA PARKINSON'S
SUPPORT GROUPS MEET MONTHLY.**

The Parkinson's Support Group

meets the second Wednesday of each month
from 1:00 p.m.—2:30 p.m.

The Parkinson's Care Partner Group

meets the first Monday of each month from
10:00 a.m.—11:00 a.m.

The meetings are held at Rappahannock
Westminster-Canterbury, 132 Lancaster
Drive , Irvington, VA, 22480, 804-438-4000

For Further Information:

contact Mrs. Rita DePew, 804-435-9553
or by email: rita.depew@kaballero.com

*Generous support from the RWC Foundation
and individual donors allows RWC to offer
these programs at no charge. Currently, three-
quarters of those utilizing RWC's programs
come from the wider community. If you wish
to participate in RWC's Parkinson's Support
activities call 804-438-4000. Curious about
RWC? Call our Marketing Department
804-438-4175 or email ldavis@rw-c.org*



RAPPAHANNOCK
WESTMINSTER-CANTERBURY
132 Lancaster Drive, Irvington, VA 22480



Parkinson's Support Group

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132 LANCASTER DRIVE
IRVINGTON, VA 22480
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Parkinson's Support: RWC's Primary Community Outreach Initiative



A DIAGNOSIS OF PARKINSON'S IS A LIFE-CHANGING EVENT

—not just for those directly affected, but for their loved ones as well. This neuromuscular disorder robs people of their ability to move about freely and restricts their activities.

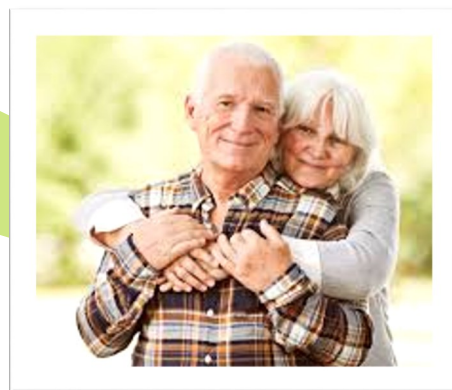
Often they require assistance with day-to-day activities. At the moment, there is no cure—but that does not mean there is nothing that can be done to help those with Parkinson's lead more productive lives. Education and exercise programs can alleviate some of the debilitating physiological effects and help both those with Parkinson's and their caregivers. Rappahannock Westminister-Canterbury offers information and support.

PRIMARY COMMUNITY OUTREACH INITIATIVE: PARKINSON'S SUPPORT

RWC founded its Parkinson's Support Group in 2003 at the request of a resident who found it difficult to drive to Richmond for assistance. Since then, RWC has expanded its offerings and invited members of the local community to join our residents in an array of activities. Our program is growing, as health care professionals and participants spread the word about the effectiveness of our initiatives.

ANNUAL PARKINSON'S EVENT

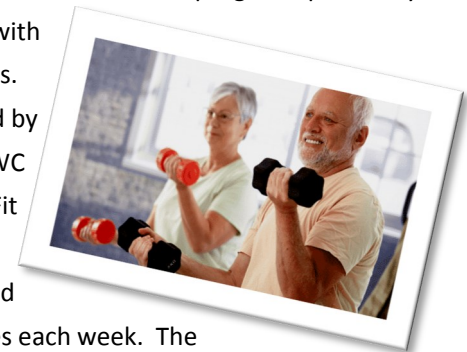
Each April during Parkinson's Awareness Month, RWC invites a noted Parkinson's expert to share with the community at large the latest information and advances in understanding and treating Parkinson's. Speakers engage with attendees in discussions.



FIT TO MOVE EXERCISE PROGRAM

RWC designed this exercise program specifically for those with Parkinson's.

Conducted by trained RWC staff, the Fit To Move class is held



three times each week. The exercises are tailored to an individual's physical abilities. These practices allow participants to achieve movements in a controlled setting and build active habits which can then carry over into daily living.

PARKINSON'S SUPPORT GROUP AND PARKINSON'S CARE PARTNER GROUP

These two forums each meet monthly. In a caring and supportive environment, people living with Parkinson's and their caregivers can discuss their needs, concerns and share information and tips for living more productive and stress free lives. These groups regularly feature speakers from national and regional organizations involved in Parkinson's research and treatment. (See back cover for meeting days and times.)