



# **2019**

## ***Support Group for People with Parkinson's Disease and their Family***

The support groups offer education on a variety of related topics and offer support through the sharing of personal experience and information with one another.

**All meetings held at the  
RWJ Fitness & Wellness Center – New Brunswick**

See the back for directions

*Evening and afternoon group meetings alternate monthly.  
Both day and evening meetings are on Thursdays.*

### **Afternoon Group** **3rd Thursday of the month** **3:00pm – 4:30pm**

<b>January 17, 2019</b> <b>Jump into Health</b>	<b>February 21, 2019</b> <b>Ask the Neurologist</b>
<b>March 21, 2019</b> <b>Healthy Eating</b>	<b>April 18, 2019</b> <b>Physical Therapy</b>
<b>May 16, 2019</b> <b>Aqua Therapy</b>	<b>June 20, 2019</b> <b>Himalayan Bowls</b>
<b>July 18, 2019</b> <b>Let's Talk about Neurosurgery</b>	<b>August 15, 2019</b> <b>Dementia/ Psychois</b>
<b>September 19, 2019</b> <b>New Physical Therapies for PD</b>	<b>October 17, 2019</b> <b>Guided Imagery</b>
<b>November 21, 2019</b> <b>Open Discussion</b>	
<b><i>December 12<sup>th</sup> - Year End Celebration (RSVP REQUIRED)</i></b>	

Please call (732) 745-7520 ext. to confirm meeting date and location.

**Directions to Robert Wood Johnson Fitness & Wellness Center**  
**New Brunswick, 100 Kirkpatrick Street**  
(Parking entrance is located on the corner of Paterson and Joyce Kilmer Streets)

**From New Jersey Turnpike:** Take Exit 9 (New Brunswick) and proceed on Route 18 North about two miles to Route 27 South—Princeton, to the fifth traffic light (go under the overpass). Turn left onto Joyce Kilmer Avenue. Make a left at the next light onto Paterson Street. The entrance to the parking deck is immediately on your left.

**From Route 1:** Take Route 18 North and follow above directions.

**From Route 287:** Exit onto Route 527 (New Brunswick Exit). Follow Route 527 (Easton Avenue) for about six miles until you see a railroad overpass. Just after the overpass, make a right onto Albany Street. At the next light turn left onto Joyce Kilmer Avenue. Make a left at the next light onto Paterson Street. The entrance to the parking deck is immediately on your left.

**From Garden State Parkway (From Points North):** Exit at Route 1 South (Exit 130). Proceed about nine miles to Route 18 North. Follow directions above.

**From Garden State Parkway (From Points South):** Exit onto New Jersey Turnpike South. Follow directions above.

**Parking:** Park in the Wellness Plaza parking deck.

Entrance to the parking deck is on Paterson Street, at the corner of Joyce Kilmer and Paterson St.

Proceed to any parking deck level. Take the parking deck elevator to the floor 2. Bring your parking ticket with you. You will see the entrance to the Fitness and Wellness Center. The staff at the front desk will ask you to sign in and will validate your parking ticket for free 3-hour parking.

The **Community Room** is halfway down the hall on the right.

**Please contact us at 732-745-7520 if you have any questions.**