

April is Parkinson's Awareness Month!

Join us for a workshop with tips and information about Parkinson's Disease from the following presenters:



Connie Massie, L.C.S.W.

Topic: Coping with depression and Parkinson's

Adrienne Wrightson, Certified Gyrotonic Instructor

Topic: Exercise techniques for those suffering with a movement disorder



Tuesday, April 12, 2011

2:00 p.m. – 4:00 p.m.

Location: CARD

545 Vallombrosa Ave.

Chico, CA

There is no cost to attend.

Please pre-register by calling 800-995-0878.

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