

TOMAH HEALTH'S  
PARKINSON'S SUPPORT GROUP  
*2024 Schedule*

<b>January 2</b>	No Meeting
<b>February 6</b>	Art Therapy with Cyndy Hall
<b>March 5</b>	Dr. Melody Gheidi, UW-La Crosse "Movement Research in Parkinson's" Break Out Sessions to Follow
<b>April 2</b>	Chair Yoga with Annie Fleming
<b>May 7</b>	Alex Morgan, Tomah Health's Occupational Therapist "Adaptive Equipment & Parkinson's"
<b>June 4</b>	Break Out Sessions
<b>July 2</b>	Dr. Inga Cluppert, PT, DPT-UW-LaCrosse "EXPAND Exercise Program"
<b>August 6</b>	Power for Parkinson's Class
<b>September 3</b>	Break Out Sessions
<b>October 1</b>	Cooking Class at Tomah Health
<b>November 5</b>	Parkinson's Webinar
<b>December 3</b>	Holiday Party

The Parkinson's Support Group meets the first Tuesday of every month from 1:00-2:30pm in Classroom 1B at Tomah Health 501 Gopher Ave. Tomah, WI 54660.

Contact Whitney at 608-377-8615 or Kristen at 608-377-8353 with questions.

