

Parkinson's Support Group ~ 2009-2010

PRESENTED BY: *Otsego County Commission on Aging with
support from Michigan Parkinson Foundation*

2:30PM - 4:30PM ~ UNIVERSITY CENTER ~ 80 LIVINGSTON BLVD. ~ GAYLORD

*Hope to
have you
with us!*

**Dedicated to
people living with
Parkinson's,
including the people
you love the most!**

**SUPPORT GROUP
PLANNING TEAM**

Pamela Carlson, RN
OCCOA Medical Resources

Claudia Pettis
OCCOA Administrative Coordinator

Dona Wishart
OCCOA Executive Director

For more information, please call
989-732-1122

Or check out our website at
www.otsegocountyCOA.org

OCTOBER 22ND, 2009

*"RELATIONSHIPS" PASTOR JIM MATHIS
BREAK OUT SESSION—PAM CARLSON, RN*

NOVEMBER 19TH, 2009

*"NEUROLOGY" DR. CORNELIUS ROBENS MD
NEUROLOGIST, MOVEMENT DISORDER SPECIALIST*

DECEMBER 17TH, 2009

*"SCRAPBOOKING"
DEB JOHNSTON*

JANUARY 28TH, 2010

*"COMPUTER BASICS"
Mary Fox, TAP Program OCCOA*

FEBRUARY 25TH, 2010

*"SAVVY CAREGIVER", ROBIN PETRUSKA
BREAK OUT SESSION—PAM CARLSON, RN*

MARCH 25TH, 2010

*"PAPER WORK NEVER ENDS"
LORETTA MILLER, ADVOCACY COORDINATOR, OCCOA*

APRIL 22ND, 2010

*"NUTRITIOUS SNACKS & FOOD CHOICES"
THERESA SCHMIDT, SAKS WELLNESS CENTER*

MAY 27TH, 2010

*"TAI CHI" INSTRUCTION
GEORGIE & MIKE OBRIGEWITSCH*

JUNE 24TH, 2010

*"PSYCHOLOGY 101", JOHN PAUL JONES, PSYCHOLOGIST
BREAK OUT SESSION—PAM CARLSON, RN*

JULY 22ND, 2010

SUMMER BREAK
NO WORKSHOP SCHEDULED

AUGUST 26TH, 2010

*"SKIN CANCER"
DR. GREEN, DERMATOLOGIST*

SEPTEMBER 23RD, 2010

*ANNUAL CELEBRATION W/ DEBBY ORLOFF
EXECUTIVE DIRECTOR, MICHIGAN PARKINSON'S FOUNDATION*