

PARKINSON’S SUPPORT GROUPS

& PROGRAMS

**2019 Schedule
APDA Headquarters**

**135 Parkinson Avenue, Staten Island, NY 10305**

**Support Group Meetings:**

**Second Tuesday of every month**

**1:30-3:00pm**

**Dates: 1/8, 2/12, 3/12, 4/9, 5/14 6/11, 7/9, 9/10, 10/8, 11/12, 12/10 (No Meeting in August)**

**Fitness & Movement Classes:**

**Dance for PD:**Every Wednesday

10:30-11:30pm

**Yoga for PD:**

Every Thursday

1:45-2:45pm

**Tai Chi for PD:**

Every Friday
1:00-2:00pm

**All classes take place at APDA Headquarters.**

**Questions? Contact Emily Ciorciari at 718-981-8083 or** **eciorciari@apdaparkinson.org**

*Classes may be cancelled for inclement weather or other emergencies.
Please check with the office if you have any questions.*

*A portion of these classes are supported by a generous donation from the Staten Island Kar Klub*