

# ALBANY

## Parkinson's Support Group



## For people with Parkinson's and their partners/carers

*"We don't dwell on the negative, we all push ourselves forward and strive for the best we can do"* -Support Group Member

**When** We meet on the first Tuesday of the month  
**Where** Lotteries House Building,  
211-217 North Road, Albany  
**Time** 10.30am

### Why belong to a Support Group?

- to learn ways to manage Parkinson's
- to be heard by people who understand
- to find out more about local support services
- to meet new friends

### For more information, contact:

David on 9851 4158 or 0407 414 158 or email [drwilliamson2@bigpond.com](mailto:drwilliamson2@bigpond.com)