

PD Active

By and for those affected by Parkinson's disease



PD Active keeps the East Bay Parkinson's community engaged, informed and active.

Keep moving and engaged while staying safe. All our classes and support groups are now virtual.



"Dance and Rock Steady Boxing help build strength and keep me mentally focused. The camaraderie is fortifying, too."

-Meris E., Oakland

SERVING THE EAST BAY

PD ▶ **Active** *is open to those affected by PD including care partners, families and friends.*



COMMUNITY

Become a part of our engaged and informed community.

PD Active Forums: Experts in the field present on topics relevant to the PD community.

Information Fair: Our annual event showcases local classes, national non-profit organizations, and more.

Town Hall: Our members share ideas for PD Active at our annual social and civic meeting.

Annual Picnic: Meet up with old friends and meet new people in the PD community.

MOVEMENT

Physical activity is a key element for those with PD. Classes are designed to address PD-specific symptoms. **Classes are currently online. Join us!**

Dance: Mark Morris Dance for PD® at Berkeley Ballet and Danspace

Voice: Be Heard and Tremolos

Yoga: Yoga, Chair Yoga & PWR!Moves

Boxing: Rock Steady Boxing

SUPPORT

Safe, supportive places to share experiences, solve problems and make connections. **Support groups are now online.**

PD Support Groups: Open to all people with Parkinson's. Groups in Berkeley and Oakland.

Care Partner Support Groups: On-going monthly meetings for care partners caring for loved ones with varying stages of PD.

Young At Heart PD Group: Activity based get-togethers for those in their early fifties or younger, or who simply feel young at heart.

Get involved at PDActive.org

GET CONNECTED

Sign up for our monthly newsletter and find our extensive calendar of classes, meetings and events. All on our website at **PDActive.org**

PD Active programs are designed to keep our minds, bodies and spirits moving.

WHO WE ARE

PD Active is a nonprofit 501(c)(3) organization by and for people affected by Parkinson's disease in the East Bay. We are a community of people dedicated to supporting the physical, cognitive and emotional health of people with PD and their loved ones. We foster independence and dignity. We energize each other to stay informed, engaged and **Active**.

"At each stage of Parkinson's disease, exercise therapies complement and extend the benefits of our 'best' medical and surgical treatments."

-Dr. Chad Christine, UCSF

PD ▶ Active

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TO LEARN MORE:

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