

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



"The dance classes are fun and good exercise for both the body and the spirit. I love moving to the music."

—Joana U.

GET CONNECTED

Go to our website www.pdactive.org to sign up for our monthly newsletter, and find our extensive calendar of classes, meetings and events.

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

WHO WE ARE

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

"Exercise for individuals with Parkinson's disease ... is as much a part of the treatment program as the medication."

—James W. Tetrud, MD, The Parkinson's Institute

TO LEARN MORE:

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PD Active

By and for those affected by Parkinson's disease



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 and Webinars: Experts in the field present on topics relevant to the PD community such as medical advances, medications, physical therapy, nutrition, carepartner support, and much more.

Information Fair: Our annual event showcases local classes, support, and resources.

Annual Gathering in the Park: See old friends and meet new people in our vibrant community.

MOVEMENT

Physical activity is a key element for those with PD. Classes and activities are designed to address PD specific symptoms.

Online and In-Person

- Zumba
- Dance
- Boxing
- Pickleball
- Tai Chi
- Yoga
- Voice
- And More

SUPPORT

Safe, supportive places to share experiences, solve problems and make connections.

Online and In-Person

Support Groups for People with Parkinson's

Including: General Support, Young Onset, Women, African Americans, and more

Support Groups for Care Partners and Family

Including: Mild / Recently Diagnosed, Moderate, Advanced, and Adult Children of People with Parkinson's

Support Group in Spanish / Grupo en Español

Get involved at PDActive.org

