

**Welcome 2018! A few changes at the Grande Prairie Office have been made please see below.**

**Grande Prairie Office Hours:**

Monday, Tuesday, Wednesday  
8:30 am to 4:30 pm

**Shauna Livesey has joined Parkinson Association of Alberta as the new Client Coordinator for the Grande Prairie Region.**

**Memberships**

With the New Year, comes new beginnings, please take some time to renew your membership. If you are currently not a member please contact Shauna to fill out the application. Memberships are \$25.

**Support Group for People with Parkinson Disease/Parkinson Plus and their loved ones**

Every **second Tuesday** of the month  
Wild Rose Manor – 3:00 pm to 4:30 pm  
Everyone welcome.

**Voice Enhancement Group – New Session  
Wednesday**

Stay tuned for the new dates and times in February.  
Location - Points West Residence  
\$40 per session

**PWR! Moves Exercise Program**

**Tuesdays & Thursdays**

**\*January 23<sup>rd</sup> \*(new date!)**

Reach Centre Gym

Pre-registration required as well as PT assessment and physician clearance (for new registrants only)

Cost: \$150 for members \$175 for non-members

**Supportive Counselling**

If at any time you would like more support, there is always individual or family supportive counselling available. This can be in your home, the Grande Prairie office or over the phone. Please call Shauna to schedule a time that works for you

**Other programs available: (please call for more information if interested)**

- **Nordic Pole Walking**

At Parkinson Association of Alberta we are always looking for feedback, if you would like to see more of something please contact the area coordinator.

Please contact Shauna Livesey, Client Services Coordinator, for more information at 780-882-6640 or visit the Grande Prairie Office: #103-10901-100 St. Grande Prairie, AB.