

**Grande Prairie Office Hours:**

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

**May 26<sup>th</sup>!**

Parkinson's Annual **Hope Conference** takes place May 26<sup>th</sup> in Edmonton and Calgary. To register contact your regional coordinator. For more information check out the website!

**Step n' Stride registration is now open! Check out our website to sign up or contact your local office.**

**Tuesday's**

**Voice Enhancement Group – New Session**

10:30am at Points West Residence  
Contact Kelsi for more information at 780-532-3525.

**Memberships:**

Become a member of Parkinson Association of Alberta! If you are currently not a member or would like to renew, please contact Shauna to fill out the application. **Memberships are \$25.**

**Tuesdays & Thursdays**

**April – June, 2018.**

**PWR! Moves Exercise Program**

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

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

Every second Wednesday of the month **Grande Prairie Care Centre – 2:00 pm to 3:30 pm. 9705 94 Ave, Grande Prairie, AB T8V 3A2.**  
Everyone is welcome, people living with Parkinson's, Care Partners, Friends and Family.

**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

Did you know we have a Facebook page for the Grande Prairie Region? Join "Parkinson Alberta Grande Prairie/Peace Region Group today!

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

- **Nordic Pole Walking**

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