

April, 2022

Parkinson's Awareness Month in **Orange County**

Welcome to the Parkinson's Community in Orange County. April is Parkinson's Awareness Month and although the month is almost half over, there are still some great events to come.



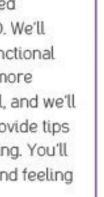
Refresh!™ Irvine

A WHOLE-BODY, WHOLE-YOU EXPERIENCE FOR THE MOVEMENT DISORDER COMMUNITY



MOVEMENT DISORDER

This is your chance to empower your body and mind in interactive movement and learning sessions designed specifically for people with PD. We'll raise our spirits with fun & functional ways to move our bodies for more flexibility, balance, and control, and we'll hear from experts who will provide tips for enhancing overall well-being. You'll leave buoyed by community and feeling





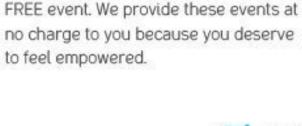
Thursday, April 14, 2022

3415 Michelson Drive Irvine, CA 92612 FREE! All Are Welcome!





refreshed.



You're invited! Anyone impacted by a movement disorder is welcome at this

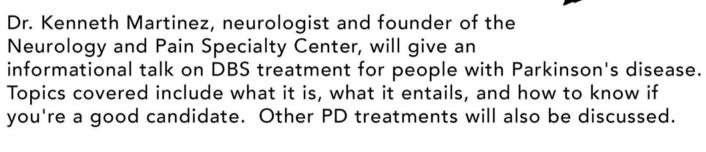






April 22nd

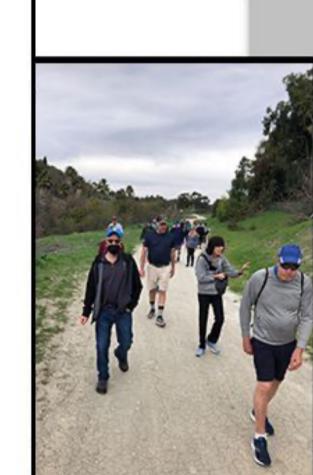
12:30 pm



Location: I AM Movement - home of Rock Steady Boxing Irvine 17775 Main St. Suite E Irvine, CA 92606

Seats are limited so reserve your spot now. Have questions? Email us at info@iam-movement.com or call 949-783-9803. Click to register

Parkinson's Walking Club



April 30th 10:00 AM Oso Creek Trail Mission Viejo

Meet at the Murray Center

Friends and family welcome!

pdbuzz.com/events for more details

World Premiere

The folks who brought us the book Ending Parkinson's Disease just released a new documentary.



Catch the Buzz

Looking for a Parkinson's program or service in Orange County? Check out these links:

Support Groups

Fitness Classes

Support Services

We are fortunate in

Orange County to have

Events



many support groups, social groups and events. Stay up to date and stay connected. VISIT OUR CALENDAR

a CA non-profit tax exempt 501c3 EIN #27-1196792 We are people with Parkinson's helping people with Parkinson's

We are honored to be partnering with the Parkinson's Wellness Fund. Your support will help improve the lives

of individuals living with Parkinson's, today. The Meyrow Foundation d.b.a. The Parkinson's Wellness Fund is

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Orange County's #1 Parkinson's Resource

THE INFORMATION PROVIDED IS FOR EDUCATIONAL PURPOSES ONLY. PLEASE SEEK THE ADVICE OF A MEDICAL PROFESSIONAL FOR ANY QUESTIONS YOU MAY HAVE.





