

March, 2021
Keeping Orange County connected
during *COVID*

March Support Groups
(support groups continue to be virtual)

| | |
|-------------------|--|
| MARCH 1st | South OC Care Partners Group |
| MARCH 3rd | North OC Support Group |
| MARCH 4th | South OC Support Group Guest Speakers: Karl & Angela Robb |
| MARCH 4th | Vanderheide Support Group |
| MARCH 10th | Saddleback Church Support Group |
| MARCH 15th | Capriana Warriors Support Group Guest Speaker: Dr. Mindy Bixby |
| MARCH 15th | South OC Care Partners Group |
| MARCH 29th | South OC Care Partners Group |

[Click for more details ➡](#)

Walking Club



March 12th 10:00 am
Everyone Welcome!

We want to get out of the house for a bit and have fun. The location is open and flat. You can walk as much or as little as you like and can choose to walk the paved walk or a dirt trail. There is room to sit and take a break, lots of room to social distance and yes, there are bathrooms available. We even have walking sticks for you to try. Please join us.

[MORE DETAILS HERE](#)

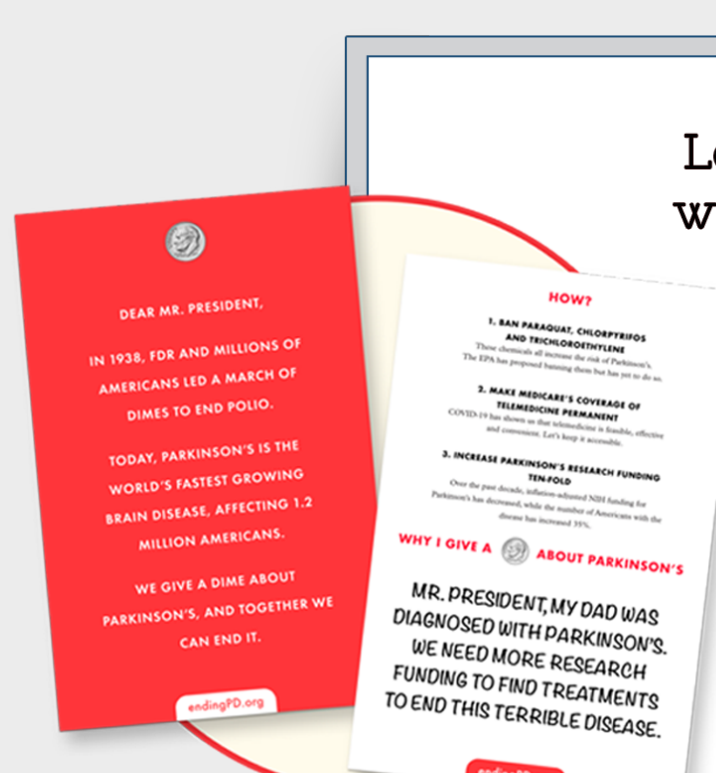
You're only one swim away from a good mood

Sage Sojourns
by Sage Bennett

I was diagnosed with Parkinson's Disease, PD, five years ago around Valentine's Day. I am still coming to terms with what that means. Each day is a little excursion into the question: how can I live well with PD?

Before taking meds and exercising daily, I experienced limitations I do not have today. Shortly after diagnosis, I decided to swim a few laps after a water aerobics class. To my chagrin, instead of swimming without effort as I had done since childhood, I was a tangle of arms and legs awkwardly trying to coordinate a swimming stroke. It was as if my brain...[click to read more](#)

Let's show the world we give a Dime about Parkinson's



In 1938, President Roosevelt and millions of Americans led a march of dimes to end polio.

Today we can do the same for Parkinson's Disease


[MORE INFO HERE](#)

The weather is starting to heat up some here in Southern California and the days are getting longer. Our clocks "spring ahead" in just a couple of weeks. Pandemic or not, time is marching on and so shall we. Take stock of the silver linings that have come from this past year...the advances in telemedicine, meeting new friends virtually from all over and opportunities to learn from world renowned experts without even leaving your home. As programs and services change, we will, as always, keep you updated at pdbuzz.com.

Thank you for joining me in the pursuit of wellness.

Lauren Simmons

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 a CA non-profit tax exempt 501c3
EIN #27-1196792

[Donate Here](#)

Check us out on instagram

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