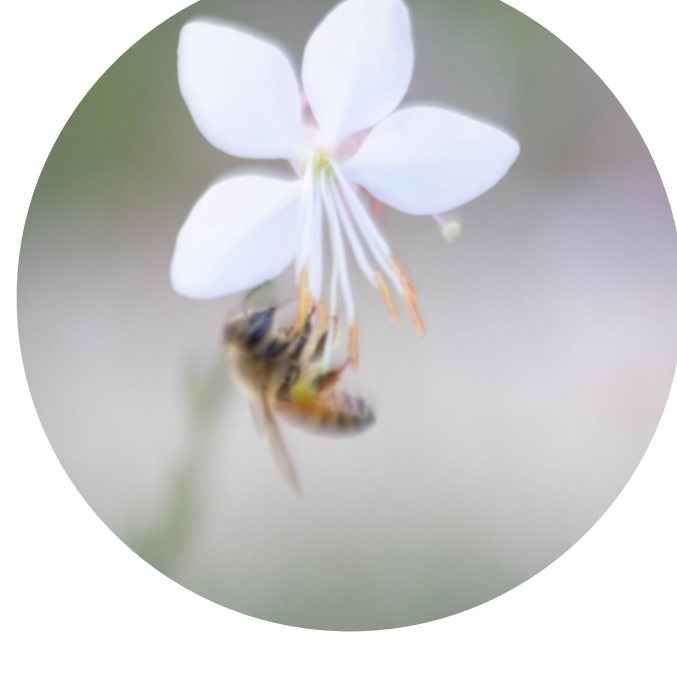


May, 2021

## Things are Looking Up!

by Lauren Simmons - Founder of PD Buzz



There is something  
incredibly hopeful  
about a fresh start.

Can you feel it? There is a buzz in the air...pun intended. Covid restrictions are loosening up and we are starting to feel more comfortable leaving the house. I wonder if this is how a bear feels after hibernating every year. I never thought I would be so excited to eat in a restaurant or get back into a gym. It looks like we just might be returning to normal. It will be slow but at least it is happening. The Parkinson's programs in the community are no exception. Many programs are back in person, most with restrictions, and groups are getting together for walks and other events. As always, if you are looking for something going on in the Orange County Parkinson's world, check out PDBuzz.com. Thank you for joining me in the pursuit of wellness.

*Lauren Simmons*

*Orange County Parkinson's Walking Group*

*Follow us to better health*

*Every adventure requires a first step.*

Click here to get details on our next walk ►



Catch the Buzz

Did you miss  
the big event last  
weekend?

[WATCH THE REPLAY](#)

## Finally Back in Person!

**The following classes are meeting back in person already or will be very soon. Many have class size restrictions so please check with your program before attending.**

Ballard Boxing - Rock Steady RSM

I Am Movement - Rock Steady Irvine

Fight Club - Rock Steady Huntington Beach

Healing Breath Yoga for Parkinson's - various locations

M.E. Boxing & Fitness - Rock Steady RSM/Dove Canyon

Neurofit Boxing - Costa Mesa

PEP4U - Laguna Niguel/Newport Beach

Rogue PT & Wellness - Fountain Valley

Rx Ballroom Dance - Laguna Hills



If your program is not listed, they may still be holding virtual classes.

[Click here for links to all programs](#) ►



## Sage Sojourns

As the body changes, what is left is soul.

### Conversations with a Peppermint Tree

by Sage Bennett

This week I delighted in a post-COVID, late morning coffee with my friend, Marianne.

Sitting on the outdoor patio of a coffee shop, we exchanged stories about how we wound up in Orange County, California.

I had been living in Marina del Rey, California, on a boat, a 35-foot motor yacht named

Sophia with my wife and poodle-bichon mix dog. After receiving my Parkinson's diagnosis,

we knew that it would be better to live more stably on land, but I was reluctant to leave

the westside. My friend nodded with understanding. "Sure, everybody likes it there.

What finally changed so you could make the move?"

[continue reading](#) ►

## WPC Virtual Congress

**WPC VIRTUAL: Advancing Science, Care, and Living with Parkinson's**  
**REGISTER TODAY! May 17-21, 2021**

#WPCVirtual

Topics presented during this five-day virtual program will include updates on: Basic Science, Clinical Science, Treatment Options, Comprehensive Care, and Living with Parkinson's. The program will also include two 4-part wellness series as part of the week, looking at PT wellness and Speech/Voice wellness. Talks will be forward thinking and delivered by both well recognized and up and coming leaders in the Parkinson's space. [Click to register.](#)



May 22nd

Moving Day

Along with providing great resources, the Parkinson's Foundation helps support many programs here in Orange County. Please join us in supporting them.

[SIGN UP HERE](#)

## Join a Support Group Today!

"We are better when we fight together."

There are support groups available in Orange County for people with PD and their care partners. Most groups are still virtual right now so it is a great time to try one out.

[Click to find a support group](#)

## Events



We are fortunate in Orange County to have many support groups, social groups and events. Stay up to date and stay connected.

[VISIT OUR CALENDAR](#)

*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**

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