

# Parkinson Disease

## Programs at HCR

### Support Group

#### Overview

Opportunity for patients with Parkinson Disease and their caregivers to come together to seek information, voice their concerns and mutually share their experiences. The meetings provide an opportunity to discuss experiences and feelings and to share information and solutions to common problems.

#### Participants

Individuals with Parkinson Disease and their caregivers are invited to attend.

#### Location

Greece Town Hall - Senior Center Complex - Room D  
11 Vince Tofany Blvd.  
Rochester, NY 14612

#### Dates/Time

4th Tuesday of the month  
1:30pm - 3:00pm

#### Cost

Free

### Group Exercise Program

#### Overview

The goal for this exercise program is to increase balance, improve posture, advance walking capability, and implement relaxation techniques designed to minimize the symptoms of Parkinson Disease. Participants will also be provided with education on Parkinson Disease including a review of new research and tips on improving daily activities.

#### Participants

Individuals with Parkinson Disease and their caregivers are invited to attend.

#### Location

The Legacy at Park Crescent  
1000 Providence Circle  
Rochester, NY 14616

#### Dates/Time

Wednesdays and Fridays  
10:30am - 11:30am

#### Cost

\$70 for eight-week program  
(16 sessions)

### Parkinson Café

#### Overview

The goal for this gathering is to offer social, intellectual and cultural interaction and provide individuals with a break from the focus on medical treatment of their disease. Nazareth College, The Susan B. Anthony House, The Strong Museum of Play, and Home Care of Rochester are among the community organizations scheduled to provide contributions to this meaningful event series.

#### Participants

Individuals with Parkinson Disease and their caregivers are invited to attend.

#### Location

Home Care of Rochester  
85 Metro Park  
Rochester, NY 14623

#### Dates/Time

2nd Thursday of the month  
(October 2009 - April 2010)  
10:00am - 2:00pm

#### Cost

Free

**For more information,  
contact Chris Chimenti  
at 585-272-1930**

[www.homecarerochester.com](http://www.homecarerochester.com)



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