

2026

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JANUARY

FUTURE MONTH SAVE THE DATES!!!

- **PD CAREGIVER CONFERENCE:**
 - SATURDAY, FEB. 28TH @ 9 AM
- **SLC PD SYMPOSIUM:**
 - SATURDAY, MAR. 28TH @ 9 AM
- **PARKINSON'S FOUNDATION MOVING DAY:**
 - SATURDAY, MAY 2ND

CLICK [HERE](#) TO FIND A SUPPORT GROUP NEAR YOU.

*INTERESTED IN ATTENDING A SUPPORT GROUP IN PRICE, UTAH? CLICK [HERE](#).

CLICK [HERE](#) FOR A DIRECTORY OF LOCAL PD RESOURCES.

QUESTIONS?

CONTACT SIDNEY @
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SUN	MON	TUE	WED	THU	FRI	SAT
		CLICK ON THE UNDERLINED WORDS TO VIEW MORE DETAILS ABOUT THIS CALENDAR EVENT.				
						
4	5 PF Virtual Mindfulness Mondays - <u>"Embracing Beginner's Mind"</u> @ 11 AM	6	7 PF Virtual Creative Connections: <u>"Arts & Wellness for PD"</u> @ 11 AM	8	9 Virtual "Set Up for Success" class: <u>Topic "Sleep Hygiene"</u> @ 12 PM	10
11	12 PF Virtual Mindfulness Mondays: <u>"Mental Well-being"</u> @ 11 AM	13 PF Virtual <u>"The PD Solo Network"</u> @ 11 AM	14 PF Virtual <u>"Innovations in Deep Brain Stimulation for PD"</u> @ 11 AM	15	16 PF Virtual Live Fitness Friday: <u>"Full Power Circuit"</u> @11 AM	17
18	19 	20	21 PF Virtual: <u>"Dementia Support Beyond Medications"</u> @ 11 AM	22	23	24
25	26	27	28	29 PF <u>"Understanding Cognition & Thinking Changes in PD"</u> @ 12:30 PM	30	31