

03 MARCH

FUTURE MONTH SAVE THE DATES!!!

- MOVES STRONG PD MOVE STRONG 4PD MARCH FREE EXERCISE CHALLENGE
- REAL SALT LAKE PARKINSONS AWARENESS NIGHT - DETAILS TO COME!
 - SATURDAY, APRIL 18TH
- PARKINSON'S FOUNDATION MOVING DAY:
 - SATURDAY, MAY 2ND @ 9 AM
- IDAHO FALLS PD SYMPOSIUM - DETAILS TO COME!
 - SATURDAY, SEPTEMBER 12TH
- ST. GEORGE PD SYMPOSIUM - DETAILS TO COME!
 - SATURDAY, NOVEMBER 7TH

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

- INTERESTED IN ATTENDING A SUPPORT GROUP IN PRICE, UTAH? CLICK [HERE](#).
- DIAGNOSED WITH HEREDITARY SPASTIC PARAPLEGIA (HSP)? INTERESTED IN A SUPPORT GROUP? CLICK [HERE](#)
- DIAGNOSED WITH PSP/MSA/CBD? CLICK [HERE FOR SUPPORT GROUP](#)..CLICK [HERE TO JOIN EMAIL LIST](#)

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

QUESTIONS?

CONTACT SIDNEY @ SIDNEY.HEIL@HSC.UTAH.EDU OR [801-585-2354](tel:801-585-2354)

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>VIRTUAL MINDFULNESS MONDAYS: "LISTENING TO THE BODY"</u> @ 11 AM	3	4 <u>VIRTUAL WELLNESS WEDNESDAY: "CAREGIVER CONVERSATIONS"</u> @ 11 AM	5	6	7
8	9 <u>VIRTUAL MINDFULNESS MONDAYS: "MENTAL WELL-BEING"</u> @ 11 AM	10 <u>PARKINSONS ART CLASS</u> @ 11 AM 3/10-4/14	11 <u>VIRTUAL WELLNESS WEDNESDAY: "TREMOR, SHAKES & EVERYTHING IN BETWEEN"</u> @ 11 AM	12	13	14
15	16 <u>VIRTUAL MINDFULNESS MONDAYS: "COMING HOME TO THE BODY"</u> @ 11 AM	17 	18 <u>VIRTUAL WELLNESS WEDNESDAY: "NAVIGATING THE EMERGENCY ROOM WITH PD"</u> @ 11 AM	19	20 <u>VIRTUAL SET UP FOR SUCCESS: "SPEECH, SWALLOWING, & COMMUNICATION STRATEGIES"</u> @ 12 PM	21
22	23	24	25	26	27	28 <u>SLC PD SYMPOSIUM</u> @ 9 AM
29	30 <u>VIRTUAL MINDFULNESS MONDAYS: "DECLUTTERING OUR MINDS"</u> @ 11 AM					



CLICK ON THE UNDERLINED WORDS TO VIEW MORE DETAILS ABOUT THE SPECIFIC CALENDAR EVENTS.