



# Lower Shore Parkinson's Disease Support Group

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The *Lower Shore Parkinson's Support Group, Inc.* (LSPSG) meets regularly on the 3<sup>rd</sup> Wednesday of each month from 2 p.m. to 3:30 p.m. at MAC, Inc. (Salisbury-Wicomico Senior Services Center) located at 909 Progress Circle (off Snow Hill Road/Rt. 12, behind Holly Center) in Salisbury.

Individuals suffering from Parkinson's disease and their caregivers are invited to attend the meetings. Large and small group discussions are held, including a "caregivers only" breakout session.

In addition to group discussions and mutual support, meetings may include speakers on a variety of educational subjects such as exercise, nutrition, medications, coping techniques and developments in the research, treatment and management of Parkinson's disease.

Exercise is vitally important for individuals with Parkinson's disease and the LSPSG seeks to provide safe, fun and low-cost exercise options to its members. In addition to a weekly PWR! class (Parkinson's Wellness Recovery) the group has established a table tennis club at Crown Sports Center in Fruitland. See information on the Lower Shore Table Tennis Club web site at:

[www.LSTTClub.org](http://www.LSTTClub.org).

For more information about the support group see our website: [www.PDLowerShore.org](http://www.PDLowerShore.org)  
Or contact us: Phone: (410) 749-8511; Email: [PDLowerShore@gmail.com](mailto:PDLowerShore@gmail.com)

***Please help us spread the word that support is available!***

For information about other Parkinson's support groups on the Delmarva Peninsula please visit the *Delmarva Parkinson's Alliance* website at: [www.DelmarvaParkinsonsAlliance.org](http://www.DelmarvaParkinsonsAlliance.org).

