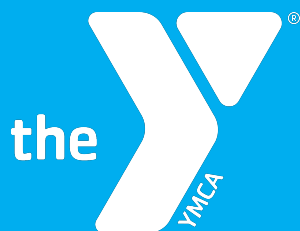


ALL ARE WELCOMED



PARKINSON'S SUPPORT GROUP

ALAMANCE COUNTY YMCA
& MEBANE ARTS & COMMUNITY CENTER



Time: 5:15PM – 6:15PM

Days: The first and third Tuesday of each month

Location: Alamance County YMCA – Conference Room

OR

Time: 12:30PM – 1:30PM

Days: The first and third Tuesday of each month

Location: Mebane Arts and Community Center – Civic Room

WHAT TO EXPECT:

- Supportive Community
- Group Exercise
- Learning Opportunities
- Guest Speakers
- Encouragement
- Community Resources



IF YOU ARE INTERESTED IN THE MEBANE GROUP – PLEASE SCAN THE QR CODE ABOVE TO REGISTER