

Parkinson's Support Group at Lyngblomsten

*For caregivers and people living with
Parkinson's or other movement disorders*

What is it?

This Parkinson's Disease (PD) Support Group is an informal, self-managed organization of persons with Parkinson's and their caregivers whose purpose is to **share information** and **offer mutual support** in a spirit of self-acceptance. It's a place where other family members and friends can feel welcome and supported. Any stage of Parkinson's Disease is welcome.

Where and when is it?

This is an open group; come as often as you are able. No RSVP required. FREE.

Location: The Heritage at Lyngblomsten
2nd Floor Lounge
1440 Midway Parkway, St. Paul

Time: First Thursday of every month
from 1–2:30 PM

For more information:

Contact Jay Haukom at (651) 632-5391
or jhaukom@lyngblomsten.org.
www.Lyngblomsten.org

*Other resources for caregivers are available
through Lyngblomsten Community Services.
Contact us at (651) 632-5320 or
caregiving@lyngblomsten.org.*

