



Stress Less with Beth Starting April 15th!

Feeling overwhelmed? It's time to hit reset! Join us for Stress Less with Beth, a guided mindfulness and meditation class designed to help you relax, recharge, and find balance. ✨

- 📅 Starts: April 15th
- 🕒 Time: 5:30 PM – 7:00 PM
- 📍 Location: 961 Panorama Trail South

In this class, we'll explore the Attitudes of Mindfulness and practice different meditation techniques to help you manage stress and improve overall well-being. 🧘💙
Ready to take a deep breath and stress less? Message us or sign up online to reserve your spot!

April 11 is World Parkinson's Disease Day

When: Friday, Apr. 11, 12:00AM
Where: Wherever you are

Stand Up To Parkinson's is a global movement to slow the progression of Parkinson's through exercise.

On April 11, 2025 join individuals and organizations from around the world in the commitment to stand up to Parkinson's Disease by collectively completing 2,000,000 Sit to Stands in 24 hours!



West Side PD Support Group
April 8 th , 1 pm - 2:30 pm
Chili Community Center
Contact: Mike Shafer
mws.shafer@gmail.com

East Side PD Support Group
April 9th, 1pm - 2:30 pm
169 E Main St, Webster, NY
Contact Jo Zimmerman

M.S. Walk
Join our Team, or Donate
Team: Keep S'myelin
Sunday, May 4, 2025
Genesee Valley Park - Roundhouse Shelter
101 Hawthorne Drive, Rochester, NY

Caring for Caregivers
Cobblestone Restaurant
April 29th, 5:30-7:30 pm
Loved ones will meet at
Webster Rec Center (1350
Chiyoda Dr)
Cost: \$10 for loved ones

585-482-5060