



# Local Support Groups

## Caregiver's Support Group

Held the last Tuesday of the Month



Webster Rec Center  
1350 Chiyoda Dr, Webster

Bring your loved one for supervised fun with Wellness 360

No Registration Required

**Contact:** Jeanne Phillips  
phillipsjeanne74@gmail.com

## Parkinson's Support Group

**West Side:** 2nd Tuesday of Every Month (No group in July)

**Contact:** Mike Shafer  
mws.shafer@gmail.com



3237 Chili Ave, Rochester

**East Side:** 2nd Wednesday of Every Month

**Contact:** Jo Zimmerman  
chazimm@gmail.com



169 Main St, Webster



961 Panorama Trail S, Rochester

☎ 585-482-5060

[www.wellness360fitness.com](http://www.wellness360fitness.com)