

CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: www.heartstohands.org

They shall never cease to be entertained

DATE: April 2, 2016

TIME: 12:00– 4:00 PM

Program: APDA Midwest Chapter Seminar

See details below.

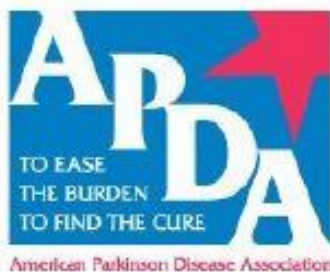
WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

Please note time change.

Last Month MATT WOLFF, MA, LCSW, patient Advocate with Abbvie gave us some great insight and wonderful resources to help people living with Parkinson's improve their everyday life. I would hope by now everyone has had a chance to fill out the information sheet that Matt handed out and that Matt has contacted you about how he can help you. This is a free service please take advantage of it.



Save the Date!

Sat. Sept. 10, 2016

Annual Optimism Walk at
Riverwalk in downtown
Naperville, IL

American Parkinson's

**OPTIMISM
WALKS**

You're Invited to Free APDA Seminar! Sat. April 2, 2016 in Peoria, IL

APDA Midwest Chapter Free Educational Seminar

New, Improved Treatments for Parkinson's —D. Lamichhane, MD

Living Life to the Fullest with PD —Dyveke Pratt, MD

Movement Disorder Doctors from Illinois Neurological Institute

Rock Steady Boxing Demonstration

Location: OSF Center for Health 5114 N. Glenn Park Place, Peoria, IL

Register: Call 630-933-4392 by 3/25

Time: 12:00 — 4:00 Check-in: 11:30 am

Complimentary light lunch refreshments

Complimentary valet parking

Learn about becoming a Pledge Partner with us.

Visit www.apdamidwest.org for more details
and upcoming events.



Rock steady boxing open house will be held on Saturday, April 9, 2016 11:00 – 12:30pm. There will be an opportunity for interested people to take a class and receive information. The address is 5629 Galena Road Peoria, IL 61614. The dress is casual but closed toed shoes are required. This event is free.

The next Parkinista's / Young Onset Meeting will not be at our normal place. We will be celebrating Parkinson's Awareness Month at Walmart in Morton from 11:00 am - 6:00 pm. handing out Parkinson's information and making a presence in the Community. Call Barb @ 699-7394 or 309 712-3770 if you want more information. Watch for other Awareness Events to happen around the Area soon Call for more information.

The Don Bohlander Parkinson's FUNDRacers Pulled Pork was a huge success. Thank you to everyone that helped, attended or bought your friends and family to enjoy a good meal and a lot of fun.



April is Parkinson's Awareness Month What do you have planned to help promote Awareness in our Community? Well here are a few ideas; Wear something related to Parkinson's every day. T-Shirts would be great if you have several Parkinson's related shirts, you can just do laundry a little more often and have a shirt for every day! Or a Parkinson's pin is another option of something you can wear. We have the tulip pins for \$ 5.00 and Parkinson's Action Network badges at no cost. Take a picture of your self-

wearing something to support Parkinson's send it to me at peoriapdgroup@comcast.net and I'll post it on our Facebook page.

Attend the APDA Midwest Chapter Seminar on April 2, at 12:00 noon.

Eat at Chili's please use the attached voucher and eat at Chili's 15% of you bill will be donated to the Don Bohlander Parkinson's Disease FUNDRacers.



Chili's Give Back Program

Bring this voucher when you visit (Dine In or To Go) the Chili's location identified below and 15% of your purchase (excluding taxes) will benefit:

**DON BOHLANDER
PARKINSON'S DISEASE
FUNDRacers**

Group/Charity

3/1/16-5/31/16

Event/Exp. Date

One coupon per person, per visit at participating Chili's restaurants only. Cannot be combined with any other offer. Offer ends per expiration date above.

PEORIA, EAST PEORIA, AND NORMAL

Chili's Locations

#99999000006430



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