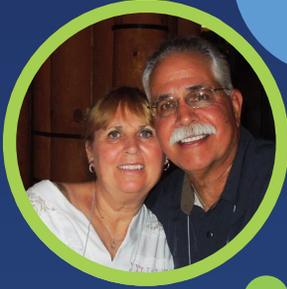


## WHAT IS PARKINSON'S DISEASE?



Parkinson's disease is a progressive and degenerative brain disorder that affects an individual's muscle movement. Due to the dying of specific brain cells, people with Parkinson's disease produce less dopamine. Dopamine is a vital chemical that transmits messages to the part of the brain responsible for movement. With insufficient dopamine movements become slower, and the symptoms of Parkinson's disease become more pronounced.

### Parkinson's Disease Statistics

- Parkinson's disease generally affects individuals over age 60.
- 1,000,000 Americans are living with Parkinson's disease.
- The prevalence in Parkinson's will double by 2030.
- 17,000 Coloradoans have Parkinson's disease.
- 4% of all individuals diagnosed with Parkinson's are under age 50.
- Men are more likely to have Parkinson's disease than women.
- \$25 Billion – The annual cost of Parkinson's disease to the United States

To learn more about the disease and available treatments, visit the Parkinson Association of the Rockies' website: [www.ParkinsonRockies.org](http://www.ParkinsonRockies.org)

## Have Questions? Need Support?

### Support Group Meeting

10:00am, 4th Thursday of Every Month  
(Due to holidays, November and December meetings are on the 3rd Thursday).

Hope Pool & Physical  
Therapy Center

2nd Floor Boardroom  
2780 28th Avenue,  
Greeley

Hope Pool & Therapy  
Center

(970) 339-2444

For more information contact the

### Parkinson Association Greeley-Weld Support Group

**(970) 400-9030**

[greeleyparkinsongroup@gmail.com](mailto:greeleyparkinsongroup@gmail.com)



**Systems of Care Initiative, Inc.**  
[servicesformom.com](http://servicesformom.com) | [co-soci.org](http://co-soci.org)

Accepting tax deductible donations on behalf of the Parkinson Association Greeley-Weld Support Group.

Please consider donating and helping this support group grow.

**Donate @ [co-soci.org](http://co-soci.org)**

## Parkinson Association

### Greeley-Weld Support Group

Supporting, strengthening  
and empowering the Colorado  
Parkinson Community



  
**Parkinson Association**  
of the Rockies

## LIVING WELL WITH PARKINSON'S DISEASE

Living well with Parkinson's disease means taking charge and defining how you will live with Parkinson's disease rather than letting Parkinson's define you. There are many different aspects to living well with Parkinson's. Explore the opportunities and select those that are right for you, fit your life style and enhance your well-being.



## Get started by joining the Parkinson Association Greeley-Weld Support Group

When first diagnosed, it is common to feel scared and alone. When you are ready to find support from people who understand what you are going through, joining a support group can be a rewarding experience.

### Take advantage of joining a support group

People with Parkinson's come together to seek information, increase their knowledge about the latest treatment, and share their expertise. Meetings provide the opportunity to visit with others who have the disease and are managing living with it. Support groups can provide practical and useful solutions to common problems related to Parkinson's and can be extremely beneficial because they enable people to cope, learn, and help others while being helped.

**Become empowered and educated** to deal with the ever changing information about Parkinson's Disease. There are wonderful organizations, books and resources available to help you navigate your journey with Parkinson's.

**Become your own advocate** to lead a healthier lifestyle. Exercise and nutrition are important for everyone; but especially those living with Parkinson's as exercise has been proven to slow the progression of Parkinson's.



## Parkinson's Resources

### Organizations

Parkinson Association of the Rockies  
Office: (303) 830-1839  
Toll free: (866) 718-2996  
Info and referral helpline: (303) 861-1810  
[www.ParkinsonRockies.org](http://www.ParkinsonRockies.org)

Davis Phinney Foundation For Parkinson's  
Toll free: (866) 358-0285  
Local: (303) 733-3340  
[www.davisphinneyfoundation.org](http://www.davisphinneyfoundation.org)

The Michael J. Fox Foundation  
[www.michaeljfox.org](http://www.michaeljfox.org)

### Books

"Every Victory Counts: Essentials Information and Inspiration for a Lifetime of Wellness with Parkinson's Disease" (3rd Edition)  
[www.davisphinneyfoundation.org/EVC](http://www.davisphinneyfoundation.org/EVC)

"Understanding Parkinson's Disease: A Self-Help Guide" (2nd Edition)  
[www.AddicusBooks.com](http://www.AddicusBooks.com)

"Parkinson's Treatment: 10 Secrets to a Happier Life"  
[www.Amazon.com](http://www.Amazon.com)

"Road to Recovery from Parkinson's Disease"  
[www.Amazon.com](http://www.Amazon.com)

### Lifestyle

The Ascent at Life Care provides Parkinson's Disease therapy programs; including the LSVT BIG and LOUD® exercise program. For more information, contact the Life Care Center of Greeley at (970) 330-6400.  
[www.LCCA.com/greeley](http://www.LCCA.com/greeley)

Exercising from home?  
A great video download is available.  
"Parkinson's Exercise Essentials: Getting Started, Staying Motivated, Seeing Results."  
[www.davisphinneyfoundation.org/dvd](http://www.davisphinneyfoundation.org/dvd)