

APDA Parkinson's Support Group of Green Valley/Sahuarita presents

Enjoy your Hobbies – Despite PD!

Presented by Cynthia Holmes, PhD, and Anna Wilkinson

Staying active physically, socially, and, mentally is very important for people with PD. Pursuing a hobby can help you remain engaged in all those areas.

Cynthia and Ann will cover:

- The benefits of having a hobby
- Adapting to changes
- Using a hand-dexterity box
- Finding new interests
- The benefit of hobbies for caregivers



Cynthia Holmes

Members of our local group will display their hobbies and share how they stay involved by adapting or finding new interests.

Friday, March 2, 1:00-2:30
East Social Center
Free and open to the public.

Cynthia Holmes is the co-director of Arizona APDA. A health psychologist, she has been a Parkinson's educator for twenty years. Anna Wilkinson, who has Parkinson's herself, facilitates the PD Pals support group in Tucson.

For information about the Parkinson's Support Group, go to gvspd.org or call Carroll Morris at 207-2475.
Co-sponsored by Green Valley Recreation