



PARKINSON'S CAREGIVER LUNCH BUNCH

Are you living or caring for someone with Parkinson's disease, or one of the Parkinson related diseases? Please join fellow caregivers and

- Connect with others who know what you are going through
- Share concerns, ask questions and get support from other caregivers in a supportive environment
- Make new friends
- Learn about community resources available to you
- Get caregiving tips, advice, and support
- Share, vent, laugh, and feel less alone



Join Us!
The 3rd Tuesday of
Every Month
11:00 AM- 1:00 PM

Online
via ZOOM

Share
Laugh
Vent
Feel Less Alone

For More
Information,
contact
Gain Saetern
gsaetern@deloro.org
(916) 728-9333
ext. 109

If you need someone to care for your loved one so that you may attend, limited in-home respite care may be available. Please call Del Oro Caregiver Resource Center at (916) 728-9333.