



LIVINGSTON
NEW JERSEY

SENIOR, YOUTH & LEISURE
SERVICES

SUPPORT GROUPS

Sponsored by Livingston Municipal Alliance Committee (LMAC)
and Senior, Youth and Leisure Services Dept. (SYLS)

Parkinson's Support Group (Spouses/Partners and Family Caregivers welcome)

12-1pm Wednesdays April 4, April 18, May 2, May 16, May 30, June 13, June 27



If you are a person living with Parkinson's Disease or another movement disorder please join us as we review coping strategies and other important information that will help you address and overcome the unique challenges that you face each day. Heidi Rinsky Schnapp, MA, CSW, CWP, owner of LMR Elder Care, is facilitating the group with support from the American Parkinson's Disease Association (APDA-NJ). **PROGRAM IS FREE AND IS LIMITED TO 12.** Attendees may bring their own lunch.

Family Care Partner Support Group

12-1pm Wednesdays April 11, April 25, May 9, May 23, June 6, June 20

If you are a family care partner of an older adult we invite you to join us in a forum where you can talk, share and learn about the unique challenges you face and solutions that you and others have found to help navigate your caregiving journey. Facilitated by Heidi Rinsky Schnapp, MA, CSW, CWP, owner of LMR Elder Care. **PROGRAM IS FREE AND IS LIMITED TO 12.** Attendees may bring their own lunch.

LOCATION: LIVINGSTON COMMUNITY CENTER

REGISTER in person or online at: www.bit.ly/registerlivingston

For more information call 973-535-7925 or email LBranchinho@livingstonnj.org