

# SAN DIEGO CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



## Come Join Us!

Our groups are welcoming and open to anyone touched by Parkinson's. They offer the opportunity to listen to and share life experiences, learn coping skills, and get practical advice from professionals and people living with Parkinson's.

[www.sdccpsg.org](http://www.sdccpsg.org)

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### Minds in Motion Support Group

**1<sup>st</sup> & 3<sup>rd</sup> Friday each month**

**3:00 – 4:15PM**

Scripps Center for Integrative Medicine  
10820 Torey Pines Road, La Jolla, CA 92037

MIMO Contact: **Jim Paterniti** – 858.837.1422  
contact@MindsInMotionSanDiego.org

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### Pt. Loma & VA Support Groups

#### Speakers' Series

**2<sup>nd</sup> Wednesday each month**

**6:00 – 8:30PM**

County of San Diego Health & Human Services Agency  
San Diego Room  
3851 Rosecrans St, San Diego, CA 92110

**4<sup>th</sup> Monday**

**Flying Solo**

**9:30 – 10:00AM**

(for PwP w/out a care partner)

**Breakout**

**10:00AM – 12:00PM**

Pt. Loma/Hervey Library  
Community Room  
3701 Voltaire Street  
San Diego, CA 92107

Pt. Loma Contact: **Nancy Floodberg** – 619.857.6638

VA Contact: **Ron Phillips** – 858.761.8577

[www.pointlomapdgroup.net](http://www.pointlomapdgroup.net)

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## Physical Exercise Programs

In order to maintain both physical and mental fitness, exercise is crucial for a person with Parkinson's (PwP). Following are exercise programs specific to our community:

### **Big**

Scripps Physical Rehabilitation Services  
800.727.4777  
UCSD Movement Disorder Rehabilitation Team  
858.543.0333

### **Parkinson's Group Exercise Class**

Mission Valley YMCA  
619.298.3576

### **Parkinson's "Keep Moving" Exercise Class**

Scripps Shiley Sports & Fitness Center  
858.554.3488

### **Parkinson's Network Foundation Exercise Class**

Pacific Beach Recreation Center  
Pt. Loma YMCA  
Lizbeth Garces – 619.971.3904

### **Rock Steady Boxing Downtown**

Mike Reeder – 310.923.5535

### **SDSU Adaptive Fitness Clinic**

Matt Soto, BS, RKT – 619.594.2017

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## Therapeutic Music/Voice Programs

PwP often experience an ever-quieter speaking voice, difficulty with enunciation and with swallowing. There are several therapeutic music/voice programs for PwP and their care partners:

### **Loud**

Scripps Center for Voice & Swallowing  
858.626.4444

### **MusicWorx**

Harmonica, AudAbility, Piano, Mindfulness  
Lindsay Zehren, MT – 858.457.2200

### **Speak Out**

UCSD Movement Disorder Rehabilitation Team  
855.543.0333

### **Tremble Clefs**

Deanna Hastings – 619.363.0814