

# East County Parkinson's Support Group for People with Parkinson's (PwP) Disease & CarePartners

**When:** 1:00-3:00 pm on the 2<sup>nd</sup> Wednesday of the month.

**Where:** United Church of Christ of La Mesa at 5940 Kelton Ave. North of Hwy. 8 and East of 125, the church is close to the intersection of Jackson Drive and El Paso St., easily accessible from Jackson Drive or Fletcher. **For a map, click** on the link **below:**  
<https://www.zeemaps.com/view?group=3303136&x=-117.018380&y=32.789134&z=3>

**Why:** People with Parkinson's living in East County needed a support group closer to home, and so began the East County Parkinson's Support Group in late 2018. We quickly outgrew our first location, but now have a large, comfortable meeting place, with easily accessible parking, thanks to the Church and their staff. Thank you!

**What:** No one dies of Parkinson's disease directly, but it certainly offers challenges for the patients and their partners. Support is essential for finding solutions and improvisations to this disease of a thousand surprises. It's a comfort to know we are not alone! Our members, other support groups throughout the County and the Parkinson's Association all help make those challenges easier to bear.

We are all teachers in the group, and as the saying goes, "When you teach, you learn." The two-hour, monthly meeting begins with a one-hour general meeting that includes useful updates, occasional guest speakers, discussions of issues and topics specific to our needs. In the second hour we split into two groups; one for those with Parkinson's and one for Care Partners.

**Parking:** Free, ADA accessible parking in the lot in front of the Church on Kelton Ave.

**For more information:** Contact Lorenzo Higley, Co-Convenor with my wife Leilani, via e-mail at [EastCountyPSG@cox.net](mailto:EastCountyPSG@cox.net) or 619.447.2855 and leave a message.

**Note:** There is no fee associated with these events and we are open to the public.

