Recently Diagnosed with PD Support Group

**Formed:** 2011

**Composition:** People who attend this support group are individuals diagnosed with PD for less than 3 years who are high-functioning. Care partners often attend as well.

**Purpose:** Our purpose is two-fold: 1) to offer up-to-date information on all aspects of PD so individuals can understand how to best manage the disease, and 2) to provide a welcoming, understanding environment to discuss concerns and learn from others.

**Knowledge Base:** The group is a mix ranging from people diagnosed within the last few months with limited knowledge of PD who are attending their first support group meeting, to others who have been participating in the group since its formation and have a solid base of understanding of the disease.

**Format:** Meetings are a combination of lecture and discussion. Participants hear from a variety of health professionals and have a chance to interact and ask questions. Sharing experiences, challenges and successes is a part of every meeting.

**Meetings:** The third Tuesday of each month from 11:30 am to 1:30 pm (with the exception of July and December). Snacks are provided but participants are welcome to bring their own lunch.

**Location:** Christ Episcopal Church, Barnes Hall, 2950 South University Blvd, Denver, CO 80210.

**Group Size:** 25-30

**Facilitator:** Margaret Melander (diagnosed 2011), Kitsi Atkinson (diagnosed 2009)

**Contact:** To explore whether this group is right for you, please contact co-leaders Margaret Melander (303-420-4945, mmelander@agren.com) or Kitsi Atkinson (303-710-5297, kitsi@qwestoffice.net)

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