



Capital District Parkinson's Support Group Monthly Meeting

Topic – Developing Patience

Building Bridges Meeting Format:

Be part of an interactive small group discussion.

Share and learn from others.

Connect with peers.

September 10, 2026 at 7:00 PM

Parkinson's Center YMCA
98 Wolf Rd, Colonie, NY 12205



**Open to everyone - people with Parkinson's,
care partners and community members.**

For the best experience, attend in person.

For ZOOM registration go to our website:

<https://www.cdparkinsons.org>