



Capital District Parkinson's Support Group  
Monthly Meeting

"Building Bridges"  
Topic - **Self-Concept**

May 14, 2026 at 7:00 PM  
Parkinson's Center YMCA  
98 Wolf Rd, Colonie, NY 12205

**Interactive small group discussion format:  
Share and learn from others.  
Connect with peers.**



Open to everyone, People with Parkinson's, care partners and community.  
Come in person for the most beneficial experience.

To join by Zoom, register at [cdparkinsons.org](http://cdparkinsons.org)