

This month's meeting:

OUR PARKINSON'S CENTER YMCA:

LEARN ALL ABOUT IT!

When: Thursday, November 12th, 2026, 7-8:30 pm

Where: Parkinson's Center YMCA, 98 Wolf Rd., Colonie, NY and by ZOOM

Toni Carroll, Executive Director and Kimmarie Uhalde, Wellness Coordinator and Parkinson's Fitness Specialist of the Parkinson's Center will speak about

- How the Parkinson's Center YMCA came to exist
- The benefits of exercise for those with Parkinson's
- What the center has to offer
- Plans for the future

In-person attendance is encouraged. No registration required—just show up to the Parkinson's Center YMCA. Or register for Zoom meeting at www.cdparkinsons.org to receive the zoom meeting link.Open to people with Parkinson's, care partners and community members.