



**Capital District Parkinson's Support Group
Monthly Meeting**

**"Building Bridges"
Topic - Communication**

April 9, 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.**



Come in person for the most beneficial experience.

To join by Zoom, register at cdparkinsons.org