EXERCISE CLASSES



GOLFING WITH PD



SPEECH WORKSHOP



SUPPORT GROUPS



EDUCATIONAL PROGRAMS



PASB

PARKINSON ASSOCIATION
SANTA BARBARA

Monthly Educational Programs

are sponsored by PASB to help people gain knowledge and feel empowered.



Topics include the causes and symptoms of Parkinson's Disease, latest treatments and medications, impact of diet, exercise and lifestyle, and other helpful resources.

CONTACT US

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PASB

PARKINSON ASSOCIATION
SANTA BARBARA



Our Mission

is to offer education, motivation, friendship, fellowship and support to people with Parkinson's, their caregivers, family members and friends. We strive to help people maintain a positive lifestyle in our local community.

We offer programs that empower those with Parkinson's & their care partners to be proactive in managing their day-to-day lives, working to delay progression of PD & committing to living well with Parkinson's. Our shared experiences & triumphs drive everything we do & strengthen our resolve to spread the message.

"You may have Parkinson's but Parkinson's doesn't have you!"

Support Groups

PASB support groups enable people with Parkinson's to share information & make personal connections. The facilitators are volunteers trained by the Center for Successful Aging. We provide:

- **In-Person & On-line** Care Partners' Support Groups
- Early Stage Parkinson's Support Group
- Chat Groups
- PD Support Groups **only for those with Parkinson's**

Most programs are held at
St. Andrew's Presbyterian Church
4575 Auhay Drive, Santa Barbara.

PASB Schedule-at-a-Glance

For our latest schedule, please go to www.mypasb.org/pasb-schedule-at-a-glance or **scan the QR code below for the schedule**

PASB Schedule at a Glance

PASB is a 501(c)(3) non-profit organziation

ANNUAL SYMPOSIUM



Learn

Each year in April, during Parkinson's Awareness Month, PASB hosts a **Symposium** with expert doctors and other guest speakers from around the country who specialize in Parkinson's Disease

PASB has a variety of activities

- Sweat it out with your comrades in Weekly **Exercise Classes**
- Chat it up at **Group Speech Workshops**
- Find your tribe at In Person and Online **Support Groups**
- Get wise at our **Educational Programs**
- Tee off with friends for **9 Holes of Golf**
- Learn the latest at our **Annual Symposium**
- Enjoy **Special Events**

DONATE

Parkinson Association Santa Barbara is a local non-profit dedicated to serving the local community

We are:

- not affiliated with a national organization
- open to all who want to join
- actively supported by community volunteers

We charge no dues or fees and rely solely on generous donations from participants & the general public.

Exercise

PASB offers exercise class each week. **All levels welcome**!



Golfing with PD

Tee off for 9 holes of golf with friends that have Parkinson's.



Newsletter



PASB's weekly newsletter provides our schedule & information to keep you connected. Email admin@mypasb.org or scan QR to sign up.