

## EXERCISE CLASSES



## GOLFING WITH PD



## SPEECH WORKSHOP



## SUPPORT GROUPS



## EDUCATIONAL PROGRAMS



PARKINSON ASSOCIATION  
SANTA BARBARA

## Monthly Educational Programs

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



Learn the latest from  
doctors, nutritionists, and  
other professionals on a  
variety of topics

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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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

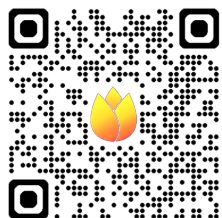
PASB support groups enable people with Parkinson's to share information & make personal connections. The facilitators are volunteers trained by the Center for Successful Aging. We provide:

- **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](http://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 organization

## 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](mailto:admin@mypasb.org) or scan QR to sign up.

