



The FHN Parkinson's Support Group provides a vital space for individuals and families affected by Parkinson's disease to connect, share experiences, and find comfort in community. We offer a mix of emotional support, practical advice, and education about the disease.

Together, we discuss our challenges and triumphs, from managing symptoms to navigating daily life. We also share tips on coping strategies, medications, and therapies, fostering a collaborative environment. The presence of caregivers is crucial, as they face their own unique challenges and can benefit from sharing experiences and resources.

FHN occasionally invites guest speakers, such as healthcare professionals, occupational or physical therapists, pharmacists, or nutritionists, to provide insights and updates on research and treatment options so members stay informed and empowered.

**January 8 • February 12 • March 12 • April 9  
May 14 • June 11 • July 9 • August 13 • September 10  
October 8 • November 12 • December 10**

**4:00–5:00 p.m. • FHN Memorial Hospital**

*Lower Level, Conference Dining Room, 1045 W. Stephenson Street, Freeport*

If you have any questions, please call Jackie Roach, RN, FHN Community Services Coordinator at 815-599-7437.