

Parkinson Support Group Meetings

Welcoming people living with Parkinson's including the people you love the most!

Please join us at



Upper Level ~ Multipurpose Space
1165 Elkview Avenue, Gaylord

January—March 2026 Meeting Schedule

2:00 p.m. to 3:30 p.m.

January 22

Peer Support

February 26

Swallowing Challenges & Strategies in Parkinson Disease

Faith Brinkman, SLP ~ Mary Free Bed Rehabilitation at Munson Healthcare

March 26

Settling into Sound with Singing Bowls

OCCOA Mind, Body, Spirit Connection Facilitator Lynnette Benjamin-LaHann

Refreshments served at each session.

For more information, please call (989) 732-1122.

Support Group Planning Team

Facilitator: Suzanne Mueller, OTR/L • **Cofacilitator:** Pamela Carlson, RN

Planning Team: Suzanne Mueller, OTR/L • Pamela Carlson, RN • Dona Wishart • Charlie May

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Michigan Department of Health and Human Services, and Region 9 Area Agency on Aging.*

The OCCOA Parkinson Support Group is a Partner of the



For information and resources, please visit the Michigan Parkinson Foundation at parkinsonmi.org

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