



**CANCELLATION:  
All Parkinson Support Groups & Programs  
at this time due to the COVID-19 Virus.**

**Phone & Email support is available. Please call for  
more info 403-346-4463**

Starting this **Monday (2020-03-16)** and continuing through (at least) the next **30 days**, Parkinson Association of Alberta has:

- **Suspended ALL in-person Support Groups and group programs.**
  - *We strongly suggest that clients temporarily stop attending group activities (including exercise and social groups) you may be taking part in to limit exposure.*
- **Suspended visits to group living facilities** (long-term care, seniors residences, etc)
  - **Cancelled all planned in-person speaking and social engagements** (including speaker series, education sessions, lunches, etc)

While we navigate these challenging circumstances with everyone's health and safety in mind; rest assured we will continue to be available to support YOU - - our clients and their families.

- We will focus our efforts on reaching out to our clients by phone and email to provide information and support, and offer encouragement, tips and tricks to stay motivated and active.
- Our Staff will continue to work during their regularly scheduled office hours – from home
- Our toll-free Parkinson's line (1-877-243-9992) is available Monday through Friday from 8:30AM - 4:00PM
- Our monthly Tele-Support Group will also continue
- We will continue to provide relevant content via our website, weekly e-updates and social media
- We are also working on ideas for use of video technology for education opportunities (speakers, presentations).

**For more information please contact:  
Parkinson Association of Alberta – Red Deer Region  
403-346-4463 or Toll free 1-800-561-1911  
[info@parkinsonassociation.ca](mailto:info@parkinsonassociation.ca)**