

**AGENDA**  
**FEBRUARUY 22, 2010**

**BIG EASY FLEUR DE LI'S**

1. Introductions – new members – EVERYONE please sign in
2. Speaker – Kayla Gary  
licensed massage therapist EJGH Wellness Center
- \*3. **“PALZ” DANCE !** (Parkinson’s / Alzheimer’s) April 18<sup>th</sup> - 2-5 pm  
  
*“MELODIES MOVE MUSCLES & MEMORIES” !*
4. Newsletter will be starting this Spring...please share items of interest, fun, entertainment !
5. Group discussions.....
  - Generic Mirapex ?
  - Simple things like....Thera Cane
  - Group ( or solo ) exercise !
  - Dr. David Heydrick video – Parkinson’s Pyramid  
<http://video.google.com/videoplay?docid=-8147563567452073029>

**We will be meeting once a month on the 4<sup>th</sup> Monday to avoid conflict with uptown meeting dates**

Next meetings:    March 22nd.....Dr. Georgia Lea    Neurologist - MDS  
                          April 26<sup>th</sup> .....Dr. Andy Abele    Cervical Chiropractor  
\*\*\*\*Date change    May 17<sup>th</sup> .....  
                              June 28<sup>th</sup> .....  
                              July 26<sup>th</sup> .....  
                              August 23<sup>rd</sup> .....  
                              September 27<sup>th</sup>  
                              October 25<sup>th</sup>  
                              November 22<sup>nd</sup>

Live well...be all that you want to be !!!

Speaker topics to come:  
Supplements, Acupuncture, Living Wills/DPA/MPA, Psychiatrist,  
Living Well (tricks & gadgets), Nutrition, Sharing Talents.