

**INVITATION TO A MUTUAL SUPPORT GATHERING
BY & FOR**

**MAINE WOMEN WITH
PARKINSON'S DISEASE**

- ❖ FOR WOMEN OF ALL AGES WITH A PARKINSON'S DIAGNOSIS
- ❖ REPORT from the PDF "*Women and PD Conference*" (Fall, 2015)
- ❖ SHARING of BEST PRACTICES, STORIES, YOGA DANCE

*** WOMEN with PD ***

Saturday * JUNE 4, 2016

**10:00 a.m.—12:00 * Lunch 12:00-1:00 * Millett House
* At the Mayflower Hill entry to Colby College ***

Directions: MAPQUEST >> 39-99 Mt. Merici Avenue Waterville, ME 04901
Millett House abuts Mayflower Hill. To avoid Colby campus due to Alumni Weekend traffic:
>>Take exit 127 off of Rte. 95 & follow Kennedy Memorial Drive toward Waterville.
>>Pass traffic light at Shaw's plaza (L); Left at next light onto First Rangeway>>1 mi. to "Stop"
>>L up Mayflower Hill Dr.; L onto Mt Merici (next to sign: COLBY COLLEGE); first house on Right.

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The Co-ORGANIZERS are both Women with PD:

Julie de Sherbinin * Waterville, ME * jwdesher@colby.edu * 207-872-5908
Program Leader: Delegate at the first *Women and PD Conference* sponsored by
the Parkinson's Disease Foundation (2015) & Instructor, *Let Your Yoga Dance*.

Linda Roy * Winslow ME * coccoroy@roadrunner.com * 207-649-7564

Please send RSVPs to Linda with Name, E-mail, Phone, Address.

Lunch is provided at no cost; we need a headcount and any dietary needs or preferences.

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NOTE TO CARE PARTNERS:

This gathering is designed for Women with PD only. Care Partners are most welcome to gather in the Millett House kitchen to relax and chat. Note that the fine Colby Campus Museum of Art is 5 minutes away on the main campus. You are welcome to join us for lunch as long as a participant registers you.