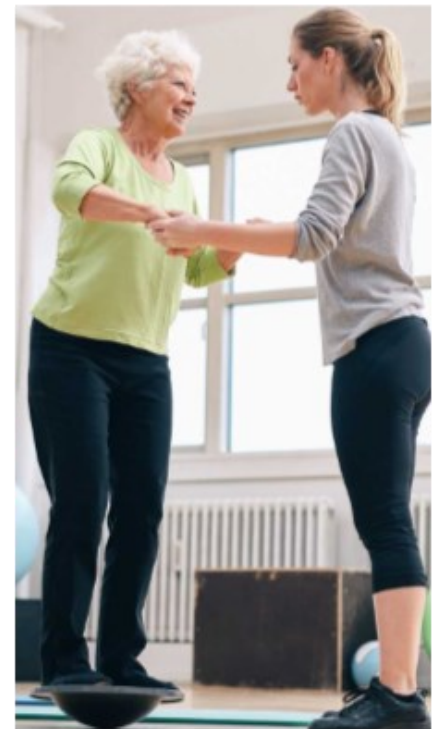




**Parkinson's  
Resources**  
Serving Oregon & SW Washington

COOS BAY PUBLIC LIBRARY & PARKINSON'S RESOURCES PRESENT

# LIVING WELL WITH PD



**November 8 | 1:00pm–2:30pm**

Importance of Exercise, Nutrition, Socialization, Self-care.

This program is for those living with PD, their families, and caregivers. Whether you are new to PD or you have been living with it for many years, there will be something of interest to everyone, along with opportunities to ask questions.

Questions? Call 800-426-6806

**Details & Registration:**

Pre-registration is required  
Online at [PRO.EVENTBRITE.COM](http://PRO.EVENTBRITE.COM)  
Or call Libby 541.345.2988

In-Person Free Event!



**Location:**

Coos Bay Public Library  
Myrtlewood Room  
525 Anderson Ave  
Coos Bay