

Parkinson Social Network

is a nonprofit organization committed to bringing together the Parkinson's community of Northern Virginia to inform, inspire, and unify those living with Parkinson's.

Educates

Knowledge is power!

We share what life is like for people with Parkinson's, teach caregivers how to provide better care, and provide information on resources and services from within our local community as well as Parkinson organizations from around the world.

Advocates

We speak up for ourselves by sharing our knowledge and compassion with each other.

Supports

We care and share to support each other with compassion and humor, through good times and sad.

Enriches

As a reminder that patients are people too we encourage our friends to share their wealth of knowledge and experience because we all have something to contribute to the world.

We help all who wish to learn more about Parkinson's

in order to provide better care - whether they be family, friends, or professionals.

Sign up on our website for our weekly e-newsletter, *Out and About With Parkinson's*.

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www.ParkinsonSocialNetwork.org

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Parkinson Social Network educates, advocates, supports and enriches the lives of those touched by Parkinson's disease.

**Helping to empower each other
to make the most of life
with Parkinson's**

www.ParkinsonSocialNetwork.org



Come for the coffee, stay for the company and conversation!

What is a café?

Our cafés are an informal social alternative to support groups for people with Parkinson's, their carepartners and caregivers, as well as their families and friends. We come together to chat and enjoy a delicious snack or light meal.

Our fun, educational programs help get the conversation started . . .

Here are just some of the topics from previous cafés:

- Travel tips and favorite places to visit
- Preparing for emergencies (storm related and medical)
- The Arts
- Hearing issues
- Aging concerns
- Hobbies
- Library services
- Movement: dance, boxing, yoga
- Community resources and more . . .



We are always on the lookout for new and interesting topics to offer.

Why come to a café?

Parkinson's brings us together, but it is not all that we have in common. At our cafés, you'll meet people with similar interests, hobbies, and work and travel experiences, so there is always lots to talk about and share. You'll learn that there is more to life than Parkinson's!

Parkinson Social Network

is different from many other Parkinson's organizations because our focus is less on the medical perspective and more about encouraging our friends touched by Parkinson's to enjoy a feeling of well-being. We hope that our cafés will inspire people to make the most of life with Parkinson's.



Café McLean

11:00 am to 1:00 pm
2nd Wednesday of each month at:
Lewinsville Retirement Residence
1515 Great Falls Street
McLean, Virginia 22101
(703) 442-8660

Café Alexandria

11:00 am to 1:00 pm
3rd Monday of each month at:
Brandywine Living at Alexandria
5550 Cardinal Place
Alexandria, VA 22304
(703) 940-3300

Café Fairfax

10:00 am to 12 noon
3rd Wednesday of each month at:
Insight Memory Care Center, Linda and
Lou Mazaway Education & Support Center
3955 Pender Drive, Suite 100
Fairfax, VA 22030
(703) 204-4664

Café Ashburn

11:00 am to 1:00 pm
4th Wednesday of each month at:
Tribute at One Loudoun
20335 Savin Hill Drive
Ashburn, VA 20147
(571) 252-8292

