

Parkinson's

C G B N C N S X S I N G I N G F E
O A O D C M I N D F U L N E S S V
N M X C F R I E N D S D A T R E M
N E I F S O C I A L I Z A T I O N
E S N E X Y H Y D R A T I O N Q V
C H G Q S U P P O R T G R O U P S
T O L A U G H T E R N M U I E R L
I S T R E T C H I N G X G D E M E
O P E D U C A T I O N X P O D E E
N H Y C A R E P A R T N E R T D P
W K O Y M O V E M E N T L H K I M
I M G W G Z I C Y E F C U K C C R
L L A O A R T B M U S I C O L A X
G N U T R I T I O N A D A F V T L
J X V J A B G D F A M I L Y Z I Y
T R H M Y L T H E R A P Y S W O A
A Y X D A N C I N G W E S Y O N J

support groups
stretching
hydration
therapy
family
games

socialization
medication
education
singing
boxing
yoga

care partner
connection
movement
friends
sleep
art

mindfulness
nutrition
laughter
dancing
music