



Support Groups for Individuals diagnosed with Parkinson's Disease

American Parkinson's Disease Association (APDA) Georgia Chapter:

<https://www.apdaparkinson.org/community/georgia>

- **Care Partner Support Group**
Fourth Wednesdays of the month at 2:00 p.m. online.
- **Parkinson's Roadmap for Education and Support Services (PRESS Program)**
Overall quality of life planning program to tackle your PD: Your PD Team Plan
For those with a diagnosis five years and under. Program has rolling enrollment.
- **People with PD and their Families Support Group**
Fourth Thursdays of the month at 2:00 p.m. online.
- **Young Onset Support Group**
Second Tuesdays of the month at 7:00 p.m. online.

For all group information, contact: Barbara Mooney. 404-325-2020.

apdaga@apdaparkinson.org

Parkinson Support Group of the Lowcountry (Beaufort, Lady's Island, & Habersham) Parkinson's Support Group:

- Beaufort based support group with an active, public facebook group, virtual meetings, and announcements about in person Parkinson's related classes and events in the Beaufort, SC area.
<https://www.facebook.com/groups/263121124231059>
- Meeting times vary. Beaufort Memorial LifeFit Wellness.
990 Ribaut Rd, Beaufort, SC 29902.
Contacts: Rick Ostrander. pdawarenc@gmail.com, 843-525-1229 & Scott Rider, 614-561-3113

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org



Bluffton Parkinson's Support Group:

- Meets the 4th Thursday of the Month from 1:30 p.m.- 3:00 p.m.
Encompass Rehab Hospital. 107 Seagrass Station, Bluffton, SC 29910.
Contact: Jane Kaman. markkaman@sc.rr.com, 843-707-7520

Deep Brain Stimulation Online Support Group & Education:

- Parkinson's and Dystonia Facebook support group and education information on Deep Brain Stimulation (DBS). Experiences from those living with DBS and other health professionals
<https://www.facebook.com/groups/PDandDBSsupport/>

Get Excited and Move! (GEM):

Parkinson's, Essential Tremor, and other Movement Disorders focused exercise class at Anderson-Cohen Weightlifting Center. Quarterly meetings.

- Meets Monday, Wednesday, & Friday at 10:45 a.m. & 11:30 a.m.
- Meets Tuesday & Thursday at 11:00 a.m.
7232 Varnedoe Drive, Savannah, GA 31406
Contact the gym at 912-658-4676 or scohensavannahparkinson@gmail.com

Glynn County Parkinson's Support Group:

- Meets 1st Thursday of the month at 1:00 p.m.
St. Simon's United Methodist Church Jim Thorpe Building
624 Ocean Blvd, St. Simon's Island, GA 31522
Contact: Judy Smith, glynncountyparkinsons@gmail.com

Glynn County Parkinson's Caregiver Support Group:

- Meets the 4th Wednesday of every month at 1:00 p.m. at Memory Matters
Glynn, 2803 Sherwood Drive, Brunswick, GA 31520
Contact: Memory Matters at 912-264-0777

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org



Parkinson and Movement Disorder (PMD) Support Group, hosted by the Marshes of Skidway Island:

- Meets 1st Monday of the month at 3:00 p.m.
The Marshes of Skidaway Island
95 Skidaway Island Park Rd, Savannah, GA 31411
Contact: Lauren Dutko, 912-598-3617,
dutkolauren@marshesofskidaway.com

Parkinson's Association for the Carolinas (open to Savannah area):

- www.Parkinsonassociation.org
- Virtual Support Group, 1st Wednesday of every month at 2:00 pm online
For more information or to register, visit
<https://www.parkinsonassociation.org/parkinsons-support-groups/>
Contact: 866-903-7275 or email pac@parkinsonassociation.org

Savannah Parkinson and Movement Disorders (PMD) Support Group:

- Meets 3rd Monday of the month at 5:30 p.m.
Marsh Auditorium, Candler Hospital.
5353 Reynolds Street, Savannah, GA 31405
Contact: Katy Harne, 912-663-6803, harneka@sjchs.org

Statesboro Parkinson and Movement Disorders (PMD) Support Group:

- Meets 3rd Wednesday of the month at 5:00 p.m.
Action Pact, Inc. Senior Center.
235 Granade Street, Statesboro, GA 30458.
Contact: Katy Harne, 912-663-6803, harneka@sjchs.org