

## Parkinson's Disease Support Group

**Date:** Second Tuesday of each month,  
Next Meeting: Tuesday December 12<sup>th</sup>  
**Time:** 10:00 a.m.

**Location:** Set Fitness Gym  
47 West St. Danbury, CT

**Facilitated by-** Monique Bongartz, FirstLight Home Care

**Danbury, Ct. now has a monthly Parkinson's Disease Support Group!**  
The group is sponsored by the Connecticut Chapter of the American  
Parkinson Disease Association with support from Set Fitness Gym,  
and FirstLight Home Care.

**Members will have a chance to give/receive support to/from those who have  
Parkinson's, their families, and their caregivers – folks who truly understand  
what it is like to live with Parkinson's Disease. This is a great way to learn about  
the latest research and to get practical information and education about  
Parkinson's. It is also where you will find the emotional support.  
Parking is in the rear of the building (West St/New Street) and the entrance is  
accessible via lower level.**

There is no cost to attend this support group.

Questions- Email Facilitator Monique at  
[mbongartz@firstlighthomecare.com](mailto:mbongartz@firstlighthomecare.com)

Phone- (203) 456- 4706