

# 2018 Parkinson's Events - 5-14-18

# 214

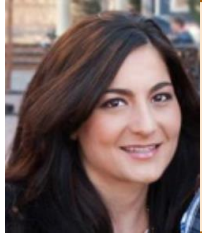
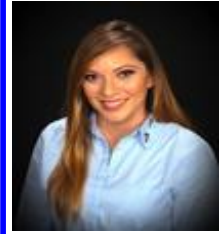
**Dr. Megan Gomez will lead Questions & Answers**

Sat., May 19th and June 2nd - 1:00 to 2:30pm

V / A Parkinson's Support Group - Bldg. 164 - 3rd Floor

Long Beach V/A - 5901 E. 7th Street - Long Beach 90822

Info: Dr. Megan Gomez - 562 - 706-0740



**GINA CARARDO, with Abbott St. Jude will Speak on Deep Brain Stimulation (DBS)**

Dana Point / San Clemente Support group - Aegis of Dana Pt. - 26922 Camino de Estrella - Tues., May 22nd 2:00-3:30pm For Info: 949 - 487-5181



## MEMORIAL DAY - LEST WE FORGET



## ALL GAVE SOME - SOME GAVE THEIR ALL



**Dr. Mindy Bixby is moving her practice to a new set of offices that are only .6 miles away. The new address is:**

**24953 Paseo de Valencia, Ste. 8A**

**Laguna Hills, CA 92653 - The phone number is still: 949 - 892-3355 - OPEN June 1st**



**Dr. Neal Hermanowicz - Director, Movement Disorders, UCI**

University of California, Irvine - Speaking: Duopa Solutions

Wednesday, July 6th - 10:00 to 11:15am - Community Room

Anaheim Senior Center - 250 E. Center St. - Anaheim 92805

KARA HARRIS speaking on Duopa - Questions: Joan or Lou - 714 - 827-2808



**Parkinson's Disease 101**

Presented by: **Dr. Sandeep Thakkar**

**Wed., June 6, 2018 - Begins at 6:00pm - Hoag Hospital Newport**

**16200 Sand Canyon - Conference Center - Irvine**



April 30, 2018

# ANNOUNCEMENT



**Dr. Farzin Benjamin Pedouim, MD**  
**359 San Miguel Dr., Suite 105 - First FL.**  
**with Luz Elena Cano MD**  
**Newport Beach CA 92660**  
**For Appointment: Mary 949 - 239-4410**  
**Appointments: Wednesdays & Saturdays**

**Speaks: Persian**  
**English and Spanish**

**Specialties:**  
**Movement Disorders**  
**V/A & Loma Linda**

**Education: UCLA - UCI**  
**Mt. Sinai - Loma Linda**

## Horizon Senior Services

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**Edema**  
**Fibromyalgia**  
**Multiple Sclerosis**  
**Neuropathy**  
**Parkinson's Symptoms**  
**Stability**  
**Tremors**  
**Vertigo**  
**Walking**

**90% of People with Parkinson's Experience CONSTIPATION!!!**

**One Solution: 1/3 Apple Sauce - 1/3 Prune Juice - 1/3 Bran (any source)**

**Blend together with equal parts per volume and Drink Plenty of Water - Water - Water**

**Exercise - Get Moving so your body gets moving inside**



**Emily & The Dynamic Duo**



**Jessica of the Medical Store**

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**David A. Bunch VOP**  
**The Voice of Parkinson's**  
**949 - 933-3198**



**Want PD Info: Go to:**  
**[www.CalPD.info](http://www.CalPD.info)**  
**Created by: Sue Buff**

**Great web site**  
**[www.rsmmpdsg.com](http://www.rsmmpdsg.com)**