

April to June 2017

Date	Time	Program/Event	Venue	Register /DropIn	Cost
Tuesday April 4	1:30 - 3:30	Costs & Benefits of Illness Disclosure with Dr. Benoit	Sidney	Drop-In	Don.
Tuesday April 18	1:30 - 3:30	Costs & Benefits of Illness Disclosure with Dr. Benoit	West Shore	Drop-In	Don.
Saturday April 22	10:30 - 12:31	Nutrition & PD with Dr. Hutchison, Dr. Bayliss	Acacia Health	Reg.	\$20
Mondays	1:00 - 2:30	Guided Relaxation Training	HeadWay	Reg.	7/\$70
Thursdays	10:30 - Noon	Guided Relaxation Training	HeadWay	Reg.	7/\$70
Tuesday May 2	1:30 - 3:30	Chair Yoga with Sue Troughton	Sidney	Drop-In	Don.
Thursday May 4	10:30 - 12:30	Nutrition & PD with Dr. Hutchison, Dr. Bayliss	HeadWay	Reg.	\$20
Tuesday May 16	1:30 - 3:30	Open Discussion: Can Assist	West Shore	Drop-In	Don.
Tuesday May 30	1:30 - 3:30	Parkinson's Music Therapy with Carmen Eisenhauer	S.A. Citadel	Drop-In	\$10
Tuesday June 6	12:00 - 2:00	Potluck	Sidney	Drop-In	Don.
Tuesday June 20	1:30 - 3:30	Potluck	West Shore	Drop-In	Don.
Mondays until June 12	11:15 - 12:15	Motion Ways Movement Meditation	Gord. Head Rec.	Drop-In	\$9
Mon. Tues.	11:30 - 12:30	Parkinson's Exercise Program	Community	Reg.	\$10

For registration call:
250-475-6677
Email: help@vepc.bc.ca

Sidney
Saanich Presbyterian Church
9296 East Saanich Rd.

West Shore
Alexander Mackie
753 Station Ave.

Salvation Army Citadel
4030 Douglas St.

Acacia Health
Westside Village
130-180 Wilson St.

Gordon Head Rec.
4100 Lambrick Way
250-475-7100