

# Elevate Your Mood

An empowering support group for women who are care partners of a loved one with Parkinson's

*Uplifting conversation and inspiring activities to prevent Parkinson's Partner Burn-out.*

Various locations around Encinitas

## Saturday meetings once a month



Emotional Support



Breathing Therapy in Nature



Stress Management



Art Therapy



Nutrition for Parkinson's



Supportive Conversation