

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 <i>February</i>	28 Weekly PD Group 11:00am-12:30pm PT bit.ly/supportgrouppla Care Partner Connection 7:30pm-8:30pm PT bit.ly/CarePartnerConnection	1	2 Men with Parkinson's 11:00am-12:00pm PT bit.ly/menwithpd Password: 12345 Theme: "Open Mic Day"	3	4
5	6	7 Weekly PD Group 11:00am-12:30pm PT bit.ly/supportgrouppla Women with PD 7:00pm-8:30pm PT bit.ly/PCLAwomenPD Care Partner Connection 7:30pm-8:30pm PT bit.ly/CarePartnerConnection	8 Caregiver Cafe 11:00am-12:30pm PT bit.ly/supportgrouppla	9 **online event** Meal Prepping for Parkinson's: Advice from a Dietitian 7:00pm-8:00pm PT bit.ly/PDMealPrep	10 Cuidadores tengamos una charla (en Español) 10:00am-11:30am PT bit.ly/unidosconpla Password: bailando	11
12	13 **in-person support group** Sharing Our Strength 10:30am-12:00pm PT RSVP: nessaweinman@yahoo.com Westwood Presbyterian Church 10822 Wilshire Blvd, Los Angeles, CA 90024	14 Weekly PD Group 11:00am-12:30pm PT bit.ly/supportgrouppla Care Partner Connection 7:30pm-8:30pm PT bit.ly/CarePartnerConnection	15 Living with Loss 7:00pm-8:30pm PT bit.ly/LivingWithLossPCLA	16	17	18 **in-person event** PCLA at the LA Big 5K! 8:00am-11:00am More Information: bit.ly/5KwithPCLA2023 Dodger Stadium 1000 Vin Scully Ave, Los Angeles, CA 90012
19	20	21 Weekly PD Group 11:00am-12:30pm PT bit.ly/supportgrouppla Women with PD 7:00pm-8:30pm PT bit.ly/PCLAwomenPD Care Partner Connection 7:30pm-8:30pm PT bit.ly/CarePartnerConnection	22	23 **online event** PPMI: The Parkinson's Study That Could Change Everything 9:00am-10:00am PT bit.ly/LetsTalkPPMI	24	25
26	27	28 Weekly PD Group 11:00am-12:30pm PT bit.ly/supportgrouppla Care Partner Connection 7:30pm-8:30pm PT bit.ly/CarePartnerConnection	29 Young Onset and "Young at Heart" Support Group 7:30pm-9:00pm PT bit.ly/supportgrouppla	30	31 **online event** NOURIANZ® (istradefylline): I brake for moments, not for Parkinson's™ 11:00am-12:00pm PT bit.ly/BrakeForMoments	1 <i>April</i>