



Parkinson's Disease Support Groups in the Low Country Region

Active Life Hilton Head. 6 Bow Circle, Unit A6, HHI, SC 29928. Monthly Support Group Meetings. Contact: 929-464-5483 or Heath@ActiveLifeHH.com.

American Parkinson's Disease Association (APDA) Georgia Chapter

<https://www.apdaparkinson.org/community/georgia>

- **Care Partner Support Group**

Fourth Wednesday's of the month at 2:00 p.m. via Zoom.

Contact: Barbara Mooney. 404-325-2020. BMooney@apdaparkinson.org

- **Parkinson's Roadmap for Education and Support Services (PRESS Program)**

Overall quality of life planning program to tackle your PD: Your PD Team Plan For those with a diagnosis five years and under. Program has rolling enrollment.

Contact: Barbara Mooney. 404-325-2020. BMooney@apdaparkinson.org

<https://www.apdaparkinson.org/community/georgia>

- **People with PD and their Families Support Group**

Fourth Thursday's of the month at 2:00 p.m. via zoom

Contact: Barbara Mooney. 404-325-2020. BMooney@apdaparkinson.org

- **Young Onset Support Group & Mentoring Program**

Second Tuesday's of the month at 7:00 p.m. via Zoom for those 21 – 50 years old – Part of a community grant aimed to help those with PD at a young age learn and plan for the future.

Contact: Barbara Mooney. 404-325-2020. BMooney@apdaparkinson.org

Beaufort, Lady's Island, Habersham Parkinson's Support Group.

Meeting times vary. Beaufort Memorial LifeFit Wellness. 990 Ribaut Rd, Beaufort, SC 29902.

Contacts: Rick Ostrander. pdawarenc@gmail.com. 843.525.1229.

Scott Rider. 614-561-3113

Facebook Group -

https://www.facebook.com/groups/263121124231059/?ref=group_header

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneksjchs@gmail.com



Bluffton Parkinson's Support Group. Meets the 4th Thursday of the Month from 1:00 p.m.- 2:30 p.m. Bluffton Medical Campus. 75 Baylor Drive, Bluffton, SC 29910.

Contact: Mark and Jane Kaman. markkaman@sc.rr.com. 843-707.7520

Columbia SC Parkinson's Support Group

This group lists an index for Parkinson's resources and support groups in different regions in South Carolina.

Contact@columbiaparkinsonsupportgroup.org or 803-335-4247

Support Groups Across SC

https://www.columbiaparkinsonsupportgroup.org/support_grps.htm

Deep Brain Stimulation Online Support Group & Education

Parkinson's and Dystonia facebook support group and education information on Deep Brain Stimulation (DBS). Experiences from those living with DBS and other health professionals

<https://www.facebook.com/groups/PDandDBSsupport/>

Get Excited and Move! (GEM)

Parkinson's, Essential Tremor, and other Movement Disorders focused exercise class at Anderson-Cohen Weightlifting Center. Meets Monday – Friday at 11:00 a.m. 7232 Varnedoe Drive, Savannah, GA 31406

Contact: 912-398-7611 or Rebecca.Heyward@gmail.com

Glynn County Parkinson's Support Group

Monthly meetings, newsletter, social and exercise events

Meets first Thursday of the month at 1:00 pm for networking and social, meeting begins at 1:30 pm – 2:30 pm at St. Simon's United Methodist Church Jim Thorpe Building.

Contact: Judy Smith, glynncountyparkinsons@gmail.com

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneksjchs@gmail.com



Parkinson's Association for the Carolinas (open to Savannah area as well)

Monthly Wednesday meetings via Zoom & weekly newsletter available
Contact: Quinci Christian, 980-245-2786, pac@parkinsonassociation.org
<https://www.parkinsonassociation.org/support-groups/>

Parkinson's Support Group of the Low Country

Beaufort based support group with an active, public facebook group, virtual meetings, and announcements about in person Parkinson's related classes and events in the Beaufort, SC area.

<https://www.facebook.com/groups/263121124231059>

Statesboro Parkinson's Support Group

Meets 3rd Wednesday of the month at 5:00 p.m.

Contact: Katy Harne, 912-663-6803, harneksjchs@gmail.com