



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:pdawarenc@gmail.com). 843.525.1229.

Scott Rider. 614-561-3113

Facebook Group

- [https://www.facebook.com/groups/263121124231059/?ref=group\\_header](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 [harneka@sjchs.org](mailto:harneka@sjchs.org)



**Bluffton Parkinson's Support Group.** Meets the 4<sup>th</sup> 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](mailto: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](mailto:Contact@columbiaparkinsonsupportgroup.org) or 803-335-4247

Support Groups Across SC

[https://www.columbiaparkinsonsupportgroup.org/support\\_grps.htm](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](mailto:Rebecca.Heyward@gmail.com)

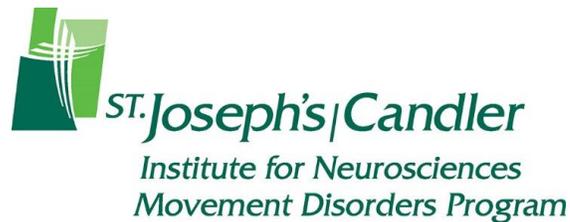
### **Glynn County Parkinson's Support Group**

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](mailto: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 [harneka@sjchs.org](mailto:harneka@sjchs.org)



### **Let It RIP! Parkinson's Support Group**

Meets fourth Friday of the month at 11:30 am for People with Parkinson's (PWP), Care Partners, Family and Friends at Bluffton Library. 120 Palmetto Way, Bluffton, SC 29910.

Contact: Julia Gee. 336-414-4174. [Julia.gee2014@icloud.com](mailto:Julia.gee2014@icloud.com).

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

Virtual Support Group, 1st Wednesday of every month via Zoom at 2pm

Virtual Wellness Wednesday, the 3<sup>rd</sup> Wednesday of every month via Zoom at 2pm

Contact: Ke'yana Hatfield 980-245-2786, [pac@parkinsonassociation.org](mailto: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>

### **Savannah Parkinson's and Movement Disorders Support Group**

Meets 3<sup>rd</sup> Monday of the month at 5:30 p.m. at the Marsh Auditorium, Candler Hospital. 5353 Reynolds Street, Savannah, GA 31405.

Contact: Katy Harne, 912-663-6803, [harneka@sjchs.org](mailto:harneka@sjchs.org)

### **Statesboro Parkinson's Support Group**

Meets 3<sup>rd</sup> Wednesday of the month at 5:00 p.m. at Action Pact, Inc. Senior Center. 235 Granade Street, Statesboro, GA 30458.

Contact: Katy Harne, 912-663-6803, [harneka@sjchs.org](mailto:harneka@sjchs.org)

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email [harneka@sjchs.org](mailto:harneka@sjchs.org)