

## Utah Parkinson's Support Groups

<p><b><u>Davis County</u></b>          1<sup>st</sup> Wednesday at 6 PM          North Davis Senior Activity Center          42. S. State St. Clearfield          Dale George  <a href="mailto:dalegeorge6268@msn.com">dalegeorge6268@msn.com</a>          801-451-6238</p>	<p><b><u>St. George</u></b>          3rd Wednesday at 10:30 am          St. George Senior Center          245 North 200 West          St. George UT          Barbara Little          435-668-8028</p>
<p><b><u>Tooele Support Group</u></b>          Tooele Senior Center          59 East Vine Street          3<sup>rd</sup> Thursday at 12:30 PM          Hal and Peggy 435-840-3683.</p>	<p><b><u>Salt Lake City</u></b>          3rd Thursday at 6 PM          Imaging and Neurosciences          729 Arapeen Drive          Salt Lake City, UT          Rebecca Starks  <a href="mailto:rebecca.starks@hsc.utah.edu">rebecca.starks@hsc.utah.edu</a></p>
<p><b><u>Cedar City</u></b>          Second Tuesday of each month at 1:00          Cedar City Senior Center          489 E 200 S.          Steve Wise  <a href="mailto:swise50@gmail.com">swise50@gmail.com</a>          702-552-4913</p>	<p><b><u>Park City</u></b>          1<sup>st</sup> Wednesday @ 3:30          Blair Education Center Room 4          900 Round Valley Dr.          Nadine Nye  <a href="mailto:Nadine.nye@imail.org">Nadine.nye@imail.org</a></p>
<p><b><u>Weber County Parkinson's Support Group</u></b>          4<sup>th</sup> Wednesday @ 6 PM          Farr West Senior Center          1896 N. 1800 W Farr West          (801) 475-2100 for more information</p>	<p><b><u>Cache Valley Support Group</u></b>          1<sup>st</sup> Wednesday @ 2 PM          AquaWorx          209 W 300 N Logan          435-716-8535</p>
<p><b><u>UTAH COUNTY</u></b>          3rd Thursday at 2:30 PM          Senior Center          97 N. 400 W. -Orem          Randy and Liz Covington (facilitators)  <a href="mailto:bettycoed@gmail.com">bettycoed@gmail.com</a>          (801) 225-9099</p>	<p><b><u>Park City</u></b>          Meets socially the first of every month          We also have guest speakers every month          Call for details          Rebecca Roberts          435-640-8695</p>

<p><b><u>Knock Out Parkinson's Events</u></b>  <a href="https://www.knockoutpdevents.org/">https://www.knockoutpdevents.org/</a>  Mark Knudson 425-681-1627  Check out the website for upcoming events.</p>	
<p><b>Idaho</b></p>	
<p><b><u>Pocatello</u></b>  Meeting 2nd Monday at 2:00 pm at the  Pocatello Senior Citizens Activities Center  427 N 6th Avenue Pocatello  208 604-3393  <a href="mailto:stuckisk@gmail.com">stuckisk@gmail.com</a>  Spencer</p>	

**Online groups-**

Michael J Fox – Parkinson's Buddy Network

<https://parkinsonsbuddynetwork.michaeljfox.org/v2/>

Parkinson's Foundation -- PD conversations

<https://www.pdconversations.org/s/>

Mayo Clinic Connect

<https://connect.mayoclinic.org/group/parkinsons-disease/>

**Online Resources:**

"No Silver Bullet" is a group started by people with Parkinson's disease for people with Parkinson's disease, their carers, & providers. Their YouTube channel has very good presentations by leaders in the field. I think many patients and caregivers may find these videos very informative. New videos are done regularly. <https://www.youtube.com/channel/UCN2A0vGOY6j13Ed1rV64gPQ>