

Parkinson's Education and Support Group of Sussex County (PESGSC)



Improving the lives of those with Parkinson's disease through exercise, education, and support.

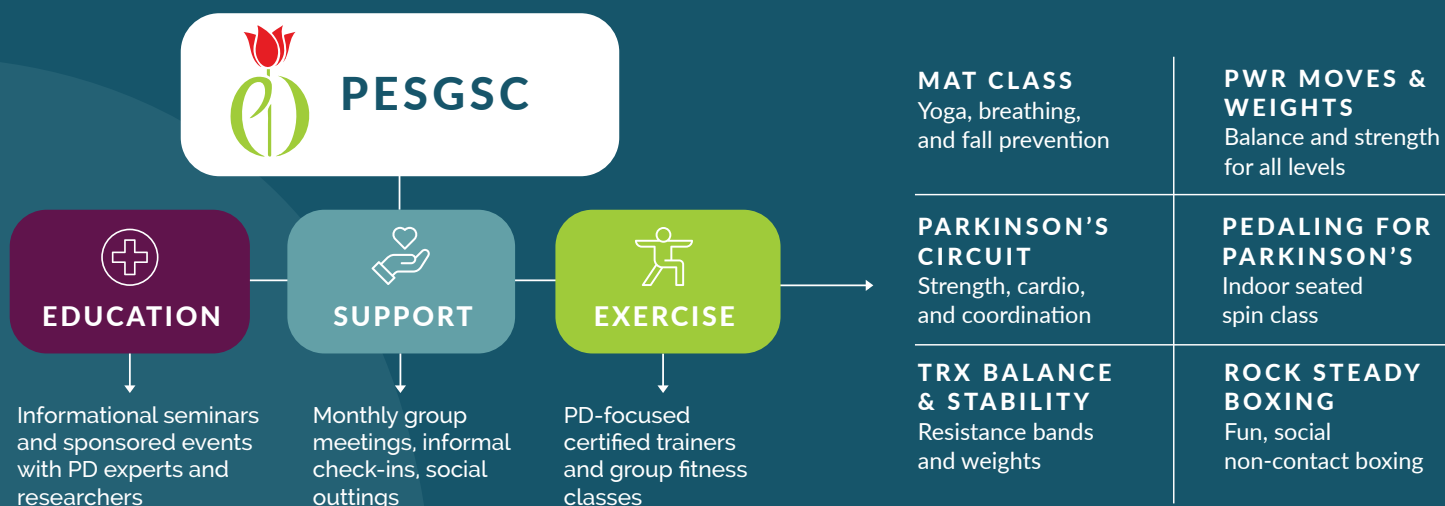
Why join a Parkinson's disease support group?

60,000 Americans are diagnosed with Parkinson's Disease (PD) each year. PD affects the part of the brain that controls muscle movement. People with PD experience different symptoms that get worse over time.

Studies show that information, training, and counseling from attending support group sessions enhances quality of life, helps to alleviate stress, and may even boost the immune system.

PESGSC is here to help

The Parkinson's Education and Support Group of Sussex County (PESGSC) is an IRS-recognized 501c3 nonprofit organization incorporated in Delaware. Founded in 2009 in Sussex County, Delaware, PESGSC has grown to become the largest nonprofit PD organization in Delaware. Our community is made up of people with PD, caregivers, loved ones, healthcare providers, certified exercise instructors, researchers, and individual volunteers who come together for a common mission: **to improve the lives of those with Parkinson's disease through exercise, education, and support.**



Stay informed

We host educational discussions with guest speakers to highlight the latest useful information about treatments, research, and lifestyle adaptations.

We share information through our monthly meetings, email newsletter, and ZOOM and in-person seminars held throughout the year.

Connect with others

MONTHLY PESGSC MEETING

Members, caregivers, and PD experts join together in person or over ZOOM to discuss relevant topics, share news, and get updates.

MONTHLY DISCUSSION GROUPS

People with PD and their caregivers face unique challenges associated with the disease. The PD Discussion Group (people with PD only) and Caregivers' Discussion Group (caregivers only) give them a safe place to speak with others on the same journey.

Keep moving

For people with PD, a focused and practical exercise program is vital to maintaining balance, mobility, and the ability to perform daily activities.

The Parkinson's Education and Support Group of Sussex County (PESGSC) connects members with PD-focused certified trainers and group fitness classes. Group classes are hosted at RISE Fitness and Adventure.



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