



MEET HOLLY SACKS

Holly Sacks is a UCLA Mindful Awareness Research Center (MARC) Certified Mindfulness Facilitator (CMF) and co-founder of NOW House Mindful Awareness Center. She teaches mindfulness related courses at the California State University at Channel Islands Osher Lifelong Learning Institute where she also lectures. Additionally, Ms. Sacks Holly conducts weekly and monthly study groups and retreats on various wisdom tradition texts and integrating mindfulness into daily life. Participants in her various study groups find that a mindful perspective brings new vitality to wisdom from the past and deeper connection with present day human experience and is of therapeutic value for people with Parkinson's disease. Ms. Sacks graduated from the University of California at Berkeley and completed the University of the South (Sewanee) School of Theology EFM program

She will discuss the history of mindfulness meditation and demonstrate the techniques. General audience discussion then might focus on whether and how mindfulness medication is particularly beneficial for Parkinson patients, perhaps increasing their dopamine levels through meditation.

The Simi Valley Parkinson's support group invites you to join them on Thursday, October 19, to focus on "Mindfulness meditation for Parkinson's patients".

Simi Valley Parkinson's Support Group

Guest Speaker: Holly Sacks

Mindfulness meditation for PD patients. .

Date: Thursday October 12, 2017 , 2017

Time: 1:00 pm to 3:00 pm **Location:** Senior Center, 3900 Avenida Simi, Simi Valley CA 93063

RSVP required for meetings Meets 3rd Thursday of each month.

The NeuroCommunity Foundation is here for you:

For information about Parkinson's disease and other movement disorders, support groups, wellness programs, education events, and local resources in northern Los Angeles county, Ventura county, Central Coast & Central Valley, contact us here or call 818-745-5051 to speak with Jan D. Somers, Education Director, Parkinson & Movement Disorder Information Center, The NeuroCommunity Foundation is a non-profit foundation. We provide support groups, educational conferences, resources, research updates/ clinical trials information and PD events in the SFV/Ventura/Central Coast/ Inland Empire.

As we rely on donations to continue providing these services at no charge, if you would like to support our efforts, you can donate with ease and security at our website or mail us your gift. Please

make sure and note our website as a bookmark in your computer. It is: www.neurocommunity.org
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