



Greenville Area Parkinson Society

We Walk With You.

GAPS Gazette

August 1, 2023



GAPS Support Groups

In person:

**2nd Thursday of the Month
1-2 pm**

**** beginning August 10th
Earl Street Baptist Church
225 W. Earl Street, Greenville,
SC 29681**

Come to the Welcome Center!
Enter through the glass doors
under the portico.

**4th Wednesday of the Month
1-2 pm**

**** beginning August 23rd
Simpsonville First Baptist
Church**

Room N-203 in the North
Building which is attached to the
Worship Center. 101 Church
Street, Simpsonville, 29681. The
parking lot to access the building
is on Hedge Street.

Virtual:

**Monday, August 14th 2:00 pm
Monday, September 18th 11:30 am**
(ZOOM link will be sent later.)



In-Person Classes

**Every Monday
3:00pm - 4:00pm**

Clemson Downs @ The Corley
Center
150 Downs Blvd., Clemson, SC
29631

**Every Tuesday
11:00 am**

****Beginning August 8th**

Come walk with us as we join the
Well Walkers at Bon Secours
Wellness Arena
650 North Academy Street,
Greenville, SC 29601.

Enter the free VIP parking lot off of
Church Street. Park to the right in
front of the Furman Entrance. Enter
through the open brown gates.

Follow the signs for the Well
Walkers. Meet the GAPS group
inside.

**Every Wednesday
1:00pm - 2:00pm**

The Sterling Hope Center
709 Dunbar St, Greenville, SC
29601

**Virtual/Online Class
Every Friday**

12:00pm - 1:00pm

[Join GAPS in Motion Zoom Class](#)



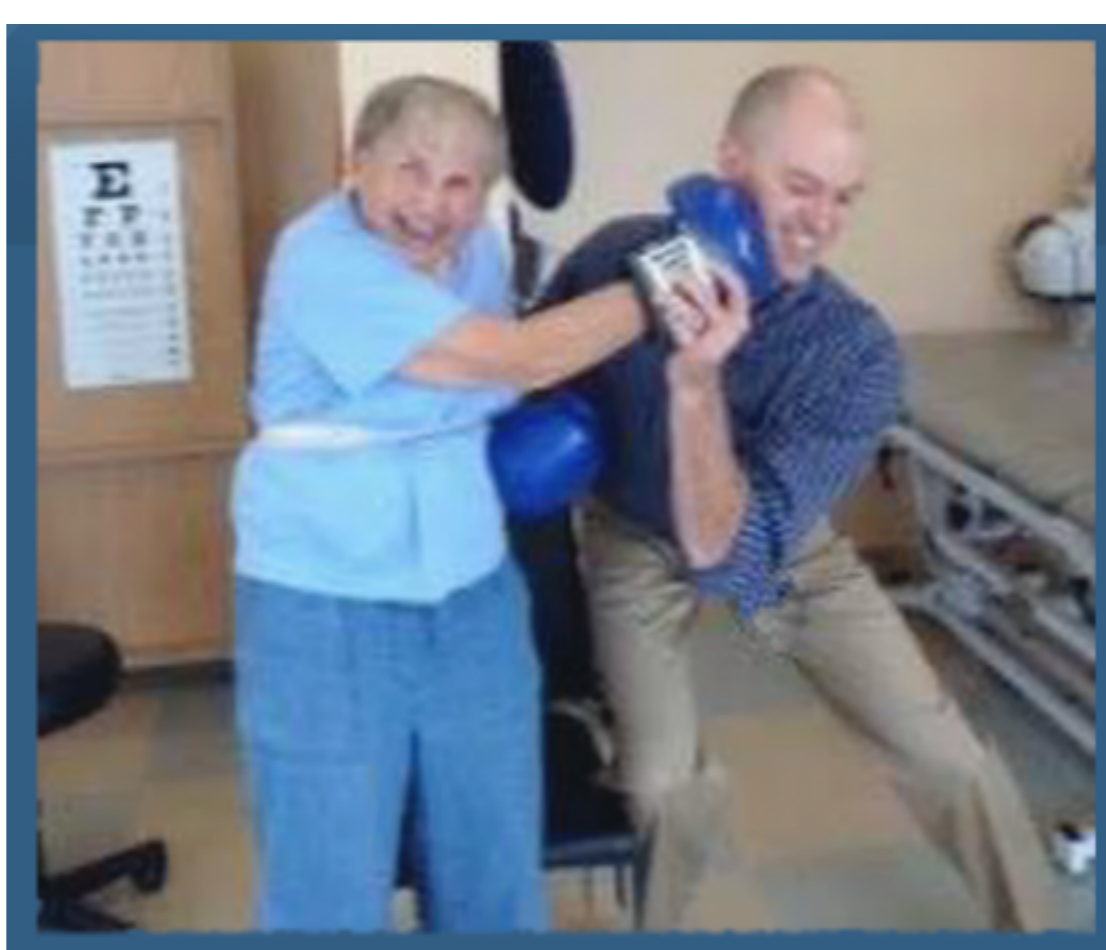
Did you miss hearing Dr. Amjad
speak in person? If so, please click
to view the presentation:

[Parkinson's- More than Motor
Symptoms](#)

SAVE THE DATE!

Strides for GAPS

4/20/24 Conestee Park 10 am - 12 pm



Martha Kowal, of Maine, was diagnosed with PD in her 40's. She is now in her 70's and has written a book about her battle titled, **Take That and Take that!** The cover features a picture of Martha with boxing gloves on and that's the attitude with which she took on PD. The book is a collection of stories and incidents covering those 30 years. Testimonials from readers of the book speak of inspiration, determination and a "never surrender" attitude. It includes her experiences dealing with family and friends and how they dealt with her. This woman, during her battle, actually climbed Mount Washington in New Hampshire, went on an African Safari and participated in the Parkinson's Unity Walk in New York City. And that's just the tip of the iceberg. The book has inspired group discussions around the country. More information can be found at <https://www.takethatandtakethat.com/>The book can be ordered by clicking on "shop now" and then clicking on Martha's picture.



Openings for event greeters, walking club, support group facilitators, and connection callers! Reach out to jennifer@gapsonline.org

Questions? 864-354-6731

jennifer@gapsonline.org

Don't forget to follow us on social media. Let's stay connected!



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Our mailing address is:
P.O. Box 6505, Greenville, SC 29606

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