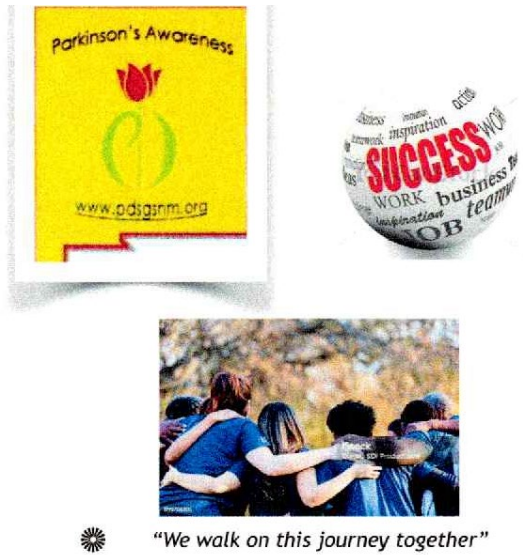




Parkinson's Support Group of New Mexico

“ M e e t i n g I n v i t e ”

Tuesday, July 21, 2026
Monthly Meeting

Holiday-Inn-Express
2142 Telshor Court
Las Cruces, New Mexico 88012
Conference Room
9:00am - 12:00pm

Always Remember!



“It’s Only Parkinson’s”

Guest Speaker(s):

Lori Robinson

Account Executive Neuroscience -Parkinson’s

Topic:

Vyalev - New Drug for Those Diagnosed with Parkinson’s;

- July 21st:** Parkinson’s Support Group of New Mexico Monthly Meeting at the Holiday Inn Express on 2142 Telshor Blvd Las Cruces, NM. 88012 Time: 9:00am -12:00pmJ
- July 28th** Newly Diagnosed Support Group 10:00am at Solstice Senior Living at 151 Roadrunner, Las Cruces, NM. 8801All are welcome! **Starting in August, Our Meeting location will change from the Holiday Inn Express to the: Las Cruces Village located at 3011 Buena Vida Cir, Las Cruces. New Mexico. Reason: Membership Growth;**
- August 6th:** Board meeting of the Parkinson’s Support Group of New Mexico - (Members Only)(Zoom)
- August 18th** Parkison’s Support Group of New Mexico Monthly Meeting at the **Las Cruces Village, 3011 Buena Vida Cir, Las Cruces, New Mexico.Meeting time 09:00am - 12:00pm**
- August 25th:** Newly Diagnosed Support Group 10:00am 11:00am at Solstice Senior Living at 151 Roadrunner, Las Cruces, NM. 88011. Everyone is welcome!

Parkinson’s Westside Support Group
located in
El Paso, Texas

The group meets monthly on the third(3rd) Wednesday each month at 2:00 pm in Room 106, Queen of Peace Catholic Church, 1551 Belvidere, El Paso, Texas.

For any inquiries, please reach out to Linda Gonzalez at 915.526.4224, Esther Labib-Kiyarash at (915) 504-4753, or Saul Navarrete at (915) 423-0415

“Remember, EXERCISE SLOWS THE PROGRESSION of Parkinson’s”.

Exercise Opportunities:

Pickleball — Line Dancing. — Rock Steady Boxing — Balance/Stretching

Pickleball for Parkinson’s

Meerscheidt Recreation Center, 1600 East Hadley Avenue, Las Cruces, NM.

Pickleball instruction and practice are free every Thursday from 12:30pm to 2:30pm. Social afterwards, location to be decided by the players.

New Pathways for .

Social afterwards, location to be

New Pathways for Parkinson’s, Witham, offers two free weekly Parkinson’s use all muscle their muscles with light

exercises. The class focuses on mobility, and mental agility. Class is held every Monday and Wednesday at 10:00 a.m. at the Village at Northrise, Hallmark Building, second level. Contact Carol Witham at (207) 653-1402 for details.



decided by the players.

an exercise class led by Carol classes to help people with groups, stay active, and refresh stretching and flexibility

motor symptoms, balance, gait,

ROCK STEADY BOXING, a boxing and exercise class is offered at Maximum Martial Arts, Mondays and Fridays at 11:00 AM, as well as an open gym on Wednesdays at the same time. The gym is located in the Pan Am Plaza, 1701 E University Ave., Las Cruces, adjacent to the Dollar Tree, The Coach/Trainer is Jerry Burgos.

Classes of Interest

Richard Havey, a retired dance professor and laughter yoga instructor, is offering free Qi Gong classes.

- ☐ SEATED QI GONG classes at the Munson Senior Center at 1:30 p.m. every Wednesday afternoon. Located at 975 S. Mesquite Street.
- ☐ STANDING QI GONG classes at the Munson Senior Center at 1:30 p.m. every Friday afternoon. Located at 975 S. Mesquite Street.
- ☐ Standing QI GONG classes at the Frank O’Brien Papen Center at 10-10:45 am Thursdays 304 Bell Ave. Las Cruces, NM 88005.

See also the KRWG Community Calendar: <https://www.krwg.org/community-calendar>

Speaker August 18th - 2026

Director of the Southwester Parkinson's Society - Jo Bidwell

Topic - It Will be A Surprise!!

Welcome New & Returning Members

(New Feature That Will Begin Next Month)

Privacy is of utmost importance to our members. We strictly refrain from sharing their email or phone numbers. If you wish to connect with another member or care partner, please contact Ken Posey. He will be more than happy to facilitate the necessary connections.

Parkinson's Support Group Contacts:

Ken Posey (Coordinator): (575) 997-8828, weimy65@gmail.com

Jennifer Villa (Webmaster): (575) 644-7148, jvilla@nmsu.edu

Official Mailing Address:

Parkinson's Support Group of New Mexico

420 Parker Rd

Las Cruces, New Mexico 88005

Website: <https://www.parkinsonssupport-nm.org/>

