



Parkinson's Support Group of New Mexico Monthly Meeting

October Meeting Invite

Tuesday, October 20, 2026 Monthly Meeting

Holiday-Inn-Express Conference Room

2142 Telshor Court Las Cruces, New Mexico

9:00am -12:00 pm

Guest Speakers:

Dr. Kati Henley - VYLEV Stem Cell treatment for Parkinsons

Gerry Burgos, Coach/trainer Rock Steady Boxing

Lisa Gonzales, Medicare Specialist

Vanessa Ordonez

Important dates to note:

- **October 27th** Newly Diagnosed Support Group Monthly Meeting 10:00 a.m. at Solstice Senior Living at 151 Roadrunner. All are welcome!
- **November 17th** Parkinson's Support Group of New Mexico **Monthly Meeting**
Speaker: attorney Alan Gluth on estate planning, and Alison Stoner from the Las Cruces Fire department.
- **November 24th** Newly Diagnosed Support Group 10:00 a.m. at Solstice Senior Living at 151 Roadrunner. All are welcome
- **December 15th** Parkinson's Support Group of New Mexico **Monthly Meeting**
Speaker: Kelley Papish & Cherie Gould, nurse practitioners who are qualified as movement disorder specialists.

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

The group meets monthly on the third Wednesday at 2:00 p.m. 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, or Esther Labib-Kiyarash at (915) 504-4753 or Saul Navarrete (915) 423-0415.

Exercise Slows Down the Progression of Parkinson's
Programs available in the Las Cruces Area

New Pathways for Parkinson's Exercise Class: This class is for folks with Parkinson's and is led by Carol A. Witham, a certified Medical Exercise Specialist. It meets on Mondays and Wednesdays from 10:00 AM to 11:00 AM at Genesis, the Village at Northrise, in the Hallmark building, located at 2882 N. Roadrunner Parkway, second level. For more information, contact Carol at withamcarola@gmail.com (Free).

Rock Steady Boxing: Located at 1705 E. University Avenue at Maximum Martial Arts in Las Cruces, Rock Steady Boxing offers boxing classes on Mondays and Fridays 11:00 AM to 12:00 PM and open gym on Wednesdays 11:00 AM to 12:00 PM (monthly fee charge).

Pickleball for Parkinson's: 12:30 PM to 2:30 PM on Thursdays at Meerscheidt Recreation Center. Join us for a fun and interactive session where you'll learn from a pro! Don't forget your safety glasses and bring water!

Qi Gong Classes; Richard Havey, retired dance professor and laughter yoga instructor, is offering FREE Qi Gong classes at Munson Senior Center and Branigan Library (check their calendars for times).

Parkinson's Support Group Contacts:

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Our website: <https://www.parkinsonssupport-nm.org/>

