



Local Support Groups

Caregiver's Support Group

Held the last Tuesday of the Month



Webster Rec Center
1350 Chiyoda Dr, Webster

Bring your loved one for supervised fun with Wellness 360

No Registration Required
Contact: Jeanne Phillips
phillipsjeanne74@gmail.com

Parkinson's Support Group

West Side: 2nd Tuesday of Every Month (No group in July)

Contact: Mike Shafer
mws.shafer@gmail.com



3237 Chili Ave, Rochester

East Side: 2nd Wednesday of Every Month

Contact: Jo Zimmerman
chazimm@gmail.com



169 Main St, Webster



191 W Main St, Webster ▶ 1328 University Ave, Rochester



585-482-5060

www.wellness360fitness.com