



The Hospital Research  
Foundation Group  
Parkinson's

# DYSTONIA SUPPORT GROUP

2024 - 2025 SCHEDULE

## 2024

**February**  
**25** The Goody Hotel  
75 Goodwood Road

**May**  
**26** The Goody Hotel  
75 Goodwood Road

**August**  
**25** The Goody Hotel  
75 Goodwood Road

**November**  
**24** The Goody Hotel  
75 Goodwood Road

## 2025

**February**  
**23** The Goody Hotel  
75 Goodwood Road

**May**  
**25** The Goody Hotel  
75 Goodwood Road

**August**  
**31** The Goody Hotel  
75 Goodwood Road

**November**  
**30** The Goody Hotel  
75 Goodwood Road

### QUARTERLY SOCIAL LUNCH 12:30pm onwards

Many people find that support groups help them cope with the day-to-day realities of living with Dystonia. The opportunity to swap stories and share resources can be truly therapeutic.

The Dystonia Support Group helps individuals make meaningful social connections, engage in important dialogue, explore useful education and resources and build long-lasting friendships. The group meets quarterly at a social lunch and welcomes new members anytime.

#### Covid Safe Reminder:

Please ensure we continue to minimise the risk of catching and spreading the Covid-19 virus by practicing good hand hygiene, getting tested and staying home if unwell, and staying up to date with covid safe guidelines available at [www.covid-19.sa.gov.au/](http://www.covid-19.sa.gov.au/)

Facilitated by Margot Dean with the Support of THFRG Parkinson's

To RSVP please ring the Client Engagement Team on (08) 8357 8909 or email [sadystonia@gmail.com](mailto:sadystonia@gmail.com)