



Sage Eldercare SolutionsSM

Wise Decisions, Extraordinary Care, Joyful Moments



The
Hummingbird
Project™

RESOURCES FOR PEOPLE LIVING WITH PARKINSON'S DISEASE

(AVAILABLE IN-PERSON IN NORTHERN CA OR ONLINE)



Exercise

- [Exercise Guide for PD.](#)
- [Stanford Medicine: Exercise Classes in Northern California](#)
- Find [your local PD support group leader if you don't find a class in your area.](#)
- Stanford Medicine's lists of [live online PD exercise classes](#) and [PD exercise videos.](#)
- [Watch Fitness Friday videos](#)



Dance

- Find Dance Classes for People with Parkinson's Disease [here](#)
- [San Francisco Ballet's Dance Class for People with Parkinson's Disease In-Person and Zoom:](#)
 - **Chris Hellman Center for Dance:** 455 Franklin Street San Francisco, CA 94102
- [Motion Pacific Dance: Dance for Parkinson's](#) | Santa Cruz, CA
 - Hybrid Classes (In-Person or Virtual Option)
- [Stanford Health Care Neuroscience Wellness Center Classes](#)
 - In-person classes include Tango for Parkinson's Disease
 - For questions, call 650-736-2234 or email wellnessclasses@stanfordhealthcare.org.



Boxing

[Rock Steady Boxing: Fight Back Against Parkinson's Disease](#)

- Search [here](#) for locations near you.



Virtual

- [Dance for PD® Zoom Classes](#)
 - Free Zoom classes, streamed from Mark Morris Dance Group's flagship program in Brooklyn, NY, allow you to enjoy a live, interactive, community experience from the comfort of your home.
- [Grey Matters Dance Workout \(YouTube\)](#)

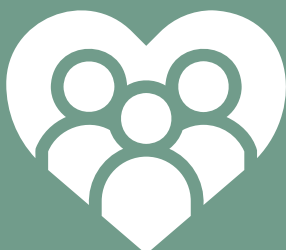


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Support Group for Caregivers

- Stanford Medicine: Stanford Parkinson's Community Outreach
 - **Parkinson's Caregiver-Only Support Groups in Northern and Central California**
- **Stanford Medicine: Online Support Groups**
- UCSF Weill Institute for Neurosciences Support Groups (Patient and Caregiver Support Groups)
 - **UCSF Young Onset PD Support Group**
 - **Newly Diagnosed PD Support Group**
 - **San Francisco VA Medical Center Parkinson's Disease Patient and Caregiver Support Group**



About Sage ElderCare Solutions & The Hummingbird Project

Sage ElderCare Solutions offers comprehensive eldercare services tailored to help families navigate the decisions, needs, choices, and transitions associated with aging. Sage has deep expertise in managing chronic illnesses, including Parkinson's disease.

Sage's three service groups — **Sage Care Management**, **Sage Home Care**, and **The Hummingbird Project**'s exclusive quality of life engagement program—collectively offer a holistic approach to quality care and deliver customized solutions for each client. Our experienced, professional staff and dedication to quality of life set our services apart from other options.

If you want to learn how Sage ElderCare or The Hummingbird Project can provide expert solutions for someone you know dealing with Parkinson's disease, any chronic disease, or an eldercare issue, please schedule a free consultation **here**.

You can contact us here:

Email: Info@SageEldercare.com

Phone Number: 650-652-5642

Address: 1801 Murchison Dr Suite 16, Burlingame, CA 94010

Request a free consultation **here**.