

Essential Tremor Support Group

The group meets to share:

- Personal experiences with Essential Tremor
- Information about helpful medications and current research
- Information from expert speakers on related topics

Meets: 2nd Thursday of each month
Senior Center
1180 Pepsi Place
Charlottesville, Va.
434 974-7756

From 29-250 bypass, take Rt 29 north, turn right onto Greenbrier Dr., turn right onto Pepsi Place, then left into Senior Center

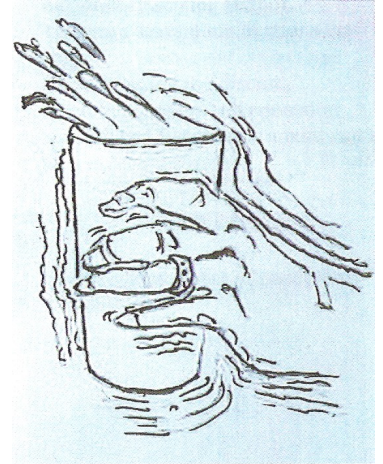
For more information contact:

John Watterson: 434 973-2510
Email: johnwatterson@comcast.net

Facts About Essential Tremor:

- ▶ It is the most common neurological disorder in America
- ▶ It causes shaking of the hands, head, and/or voice
- ▶ It is ten times more common than Parkinson's disease
- ▶ It can affect people of either sex, any race, and at any age
- ▶ The shaking occurs when the person is performing an action such as writing, eating, raising a drinking glass, shaving, applying makeup, using a screwdriver, etc
- ▶ It tends to run in families with severity of tremor varying from one family member to another
- ▶ It tends to get worse with age
- ▶ It may go undiagnosed for years
- ▶ It does not effect life expectancy

Do You Shake?



For additional information:

International Essential Tremor Foundation
www.essentialtremor.org

Tremor Action Network www.tremoraction.org

We Move www.wemove.org

Essential Tremor Support Group

The group meets to share:

- Personal experiences with Essential Tremor
- Information about helpful medications and current research
- Information from expert speakers on related topics

Meets: 2nd Thursday of each month
Senior Center
1180 Pepsi Place
Charlottesville, Va.
434 974-7756

From 29-250 bypass, take Rt 29 north, turn right onto Greenbrier Dr., turn right onto Pepsi Place, then left into Senior Center

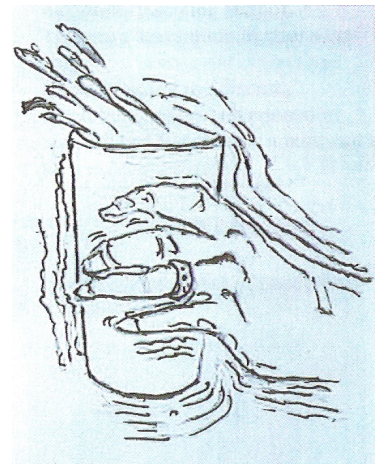
For more information contact:

John Watterson: 434 973-2510
Email: johnwatterson@comcast.net

Facts About Essential Tremor:

- ▶ It is the most common neurological disorder in America
- ▶ It causes shaking of the hands, head, and/or voice
- ▶ It is ten times more common than Parkinson's disease
- ▶ It can affect people of either sex, any race, and at any age
- ▶ The shaking occurs when the person is performing an action such as writing, eating, raising a drinking glass, shaving, applying makeup, using a screwdriver, etc
- ▶ It tends to run in families with severity of tremor varying from one family member to another
- ▶ It tends to get worse with age
- ▶ It may go undiagnosed for years
- ▶ It does not effect life expectancy

Do You Shake?



For additional information:

International Essential Tremor Foundation
www.essentialtremor.org

Tremor Action Network www.tremoraction.org

We Move www.wemove.org