CPAP, BiPAP and ASV Users | Join this open forum to get the most from your PAP therapy.

**WHEN** 1st Thursday of the month, 11:00 am – 12 noon  
**PLACE** Jefferson Healthcare, Puget Rm., 834 Sheridan St., Port Townsend  
**CONTACT** Sleep Medicine, 360.379.2249

Diabetes Support | A monthly meeting with a variety of topics and speakers.

**WHEN** 2nd Monday of the month, 12:00 noon – 1:30 pm  
**PLACE** Seaport Landing, 1201 Hancock Road, Port Townsend  
**CONTACT** Jennifer Newell, 360.385.2200 ext. 1240

Parkinson’s Support | For those with Parkinson’s disease and their caregivers.

**WHEN** 4th Thursday of the month, 3:00 pm – 4:30 pm  
**PLACE** Jefferson Healthcare, Dirksen Rm., 834 Sheridan St., Port Townsend  
**CONTACT** Lorena Bess, MSW, 360.385.2200 ext 2042

Better Breather’s Support | Providing information, discussion and inspiration.

**WHEN** 3rd Monday of the month, 2pm – 3pm  
**PLACE** Jefferson Healthcare, Pulmonary Rehab Office, 834 Sheridan St., Port Townsend  
**CONTACT** Hilary Metzger, RN, 360.385.2200 ext 1220

Grief Support | Facilitated support for those experiencing grief due to the loss of a loved one.

**WHEN** 1st & 3rd Wednesday, 6 pm- 7:30pm. 2nd & 4th Wednesday of the month, 3pm – 4:30pm, 5th Wednesday in August and October 3pm - 4:30pm  
**PLACE** Jefferson Healthcare, Home Health Conference Room 2500 Sims Way, Port Townsend  
**CONTACT** Carolyn Cristina Manzoni, MA  360 385 2200 ext 4615

Cancer Support | Support for patients living with cancer.

**WHEN** Call for dates and times.  
**PLACE** Jefferson Healthcare, Oncology Clinic, 3rd Fl. and Remax Building, Conference Room 3rd Fl.  
**CONTACT** Oncology Social Worker, 360.385.2200 ext. 2040