



Date: June 5, 2018

Location: Parker at Pavilion  
443 River Road  
Highland Park, NJ 08904

Time: 4 pm - 6 pm



## APDA Parkinson's Roadmap for Education and Support Services™ (PRESS™)

**Complimentary** refreshments will be provided. • Free program, registration is required.

**Session 1: What's Next After Diagnosis - June 5, 2018**

**Session 2: Medication Management of Parkinson's - June 12, 2018**

**Session 3: Importance of Exercise in PD - June 26, 2018**

**Session 4: Dealing with Physical Symptoms of PD - July 3, 2018**

**Session 5: Impact of Parkinson's on Daily Coping and Relationships - July 10, 2018**

**Session 6: Tips for Daily Living - July 17, 2018**

**Session 7: Caring for Others, Caring for Yourself - July 22, 2018**

**Session 8: Building your Healthcare team - July 31, 2018**

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners and adult family members

To register or for additional information please contact:

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[apdaparkinson.org](http://apdaparkinson.org)

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