

GETTING A GOOD START: PD 101

A program for the person newly diagnosed with Parkinson's disease



**RWJ Fitness and Wellness – New Brunswick
Wednesday, February 28, 2019 • 12 PM – 3 PM**

Registration and light Lunch will be provided at 11:30 AM

Topics

Non-Motor Symptoms of Parkinson's disease

Overview of Medications for Parkinson's disease

Patient Assistance Programs

Benefits and Role of Physical & Occupational Therapy for Parkinson's disease

Benefits of Exercise & How to Optimize your Plan

Coping with the Emotional Aspects of Parkinson Disease

Speakers from:

APDA Center for Advanced Research, Rutgers Robert Wood Johnson Medical School

Physical and Occupational Therapies, RWJ Barnabas

RWJ Fitness & Wellness Center

Walgreens Pharmacy

A panel of people with Parkinson's and caregivers will be available to answer your questions.

**The program is only for individuals who have been diagnosed
in the last five years. Family and caregivers are welcome to attend.**

Space is limited and registration is required by February 1, 2019.

Please call 1888-724-7123 today for your reservation.

Directions to Robert Wood Johnson Fitness & Wellness Center – New Brunswick

From New Jersey Turnpike: Take Exit 9 (New Brunswick) and proceed on Route 18 North about 2 miles to Route 27 South—Princeton, to the 5th traffic light (go under the overpass). Turn left onto Joyce Kilmer Avenue. Turn left at the next light onto Paterson Street. The entrance to the parking deck is immediately on your left.

From Route 1: Take Route 18 North and follow above directions.

From Route 287: Exit onto Route 527 (New Brunswick Exit). Follow Route 527 (Easton Avenue) for about 6 miles. Just after the overpass, make a right onto Albany Street. At the next light turn left onto Joyce Kilmer Avenue and follow above directions.

From Garden State Parkway (From Points North): Exit at Route 1 South (Exit 130). Proceed about 9 miles to Route 18 North. Follow directions above.

From Garden State Parkway (From Points South): Exit onto New Jersey Turnpike South. Follow directions above.

Parking: Park in the **Wellness Plaza** parking deck. Take the parking deck elevator to the second floor. Bring your parking ticket with you. Your parking ticket will be validated after the meeting (for up to 3 hours). We are unable to validate for other parking decks.

Community Room: There is an information desk across from the elevators at the entrance to the fitness and wellness center. Proceed to the right pass the desk, the Community Room is down the hall to the right.