



Date: Monday, September 9, 2019
Time: 11:00 AM - 12:30 PM
Location: Emory Brain Health Center
12 Executive Park Drive
Atlanta, GA 30329

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:** Monday, September 9, 2019
- Session 2: Medication Management of Parkinson's:** Monday, September 16, 2019
- Session 3: Importance of Exercise in PD:** Monday, September 23, 2019
- Session 4: Dealing with Physical Symptoms of PD:** Monday, September 30, 2019
- Session 5: Impact of Parkinson's on Daily Coping and Relationships:** Monday, October 7, 2019
- Session 6: Tips for Daily Living:** Monday, October 14, 2019
- Session 7: Caring for Others, Caring for Yourself:** Monday, October 21, 2019
- Session 8: Building your Healthcare team:** Monday, October 28, 2019

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: **Barbara Mooney - 404-325-2020**

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