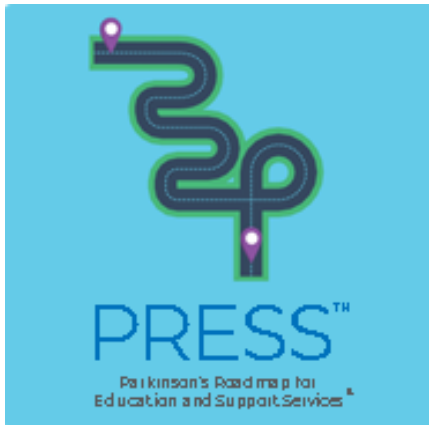


APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited and registration is required.



Thursdays, September 3 - October 22, 2020
3:00 - 4:30 PM

Program Presented Virtually via Zoom

Facilitator: Elizabeth Austin, PsyD

September 3:	What's Next After Diagnosis
September 10:	Medication Management of Parkinson's
September 17:	Importance of Exercise in PD
September 24:	Dealing with Physical Symptoms of PD
October 1:	Impact of Parkinson's on Daily Coping and Relationships
October 8:	Tips for Daily Living
October 15:	Caring for Others, Caring for Yourself
October 22:	Building your Healthcare team

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. There will be an informal meet and greet ahead of the program to meet one another and to ensure everyone is comfortable with the technology. Date TBD.

To register or for additional information please contact Cathi Thomas, MS, RN at the APDA Information & Referral Center at Boston University Medical Campus

APDA I & R Center: 800-651-8466 or apdama@apdaparkinson.org

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