



**We are pleased to present the  
APDA Parkinson's Roadmap for Education and  
Support Services (*PRESS*)**

**This 8-week Program facilitated by a psychologist will  
take place on Tuesdays from 10:00 – 11:30 AM  
September 11 – October 30, 2018**

**Participants are encouraged to attend the complete program**

**121 Lincoln Street, Worcester, MA 01605**

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| <b>Sept. 11:</b> | <b>What's Next After Diagnosis</b>                             |
| <b>Sept. 18:</b> | <b>Medication Management</b>                                   |
| <b>Sept. 25:</b> | <b>Healthy Living, Exercise and Nutrition</b>                  |
| <b>Oct. 2:</b>   | <b>Dealing with Physical Symptoms of PD</b>                    |
| <b>Oct. 9:</b>   | <b>Impact of Parkinson's on Daily Coping and Relationships</b> |
| <b>Oct. 16:</b>  | <b>Tips for Daily Living</b>                                   |
| <b>Oct. 23:</b>  | <b>Caring for Others, Caring for Yourself</b>                  |
| <b>Oct. 30:</b>  | <b>Building Your Healthcare Team</b>                           |

*The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years. A care partner or family member is also invited to participate.*

**Space is limited. Pre-registration is required for this free program.**

**To register or for additional information please contact the  
APDA I & R Center at 800-651-8466**