



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

**This 8-week Program facilitated by a social worker will
take place on Saturdays from 10:00 to 11:30 AM
February 9 through March 30, 2019**

Participants are encouraged to attend the complete program

**Center for Healthy Aging, Lahey Outpatient Center,
480 Maple Street, First Floor, Danvers, MA 01923**

- Session 1: What's Next After Diagnosis**
- Session 2: Medication Management**
- Session 3: Healthy Living, Exercise & Nutrition**
- Session 4: Dealing with Physical Symptoms of PD**
- Session 5: Impact of Parkinson's on Daily Coping and Relationships**
- Session 6: Tips for Daily Living**
- Session 7: Caring for Others, Caring for Yourself**
- Session 8: Building Your Healthcare Team**

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
Cathi Thomas at the APDA I & R Center at 800-651-8466**