



Date: March 13, 2019

Time: 4:30 PM - 6:30 PM

Location: Medford Memorial Community Center
- Blue Room
21 S Main Street,
Medford, NJ 08055

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 - March 13, 2019

Session 2: Medication Management of Parkinson's - March 20, 2019

Session 3: Importance of Exercise in PD - March 27, 2019

Session 4: Dealing with Physical Symptoms of PD - April 3, 2019

Session 5: Impact of Parkinson's on Daily Coping and Relationships - April 10, 2019

Session 6: Tips for Daily Living - April 17, 2019

Session 7: Caring for Others, Caring for Yourself - April 24, 2019

Session 8: Building your Healthcare team - May 1, 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: Corlynn Hullfish - 856-356-6096

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