

[apdaparkinson.org/massachusetts](http://apdaparkinson.org/massachusetts)

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

Complimentary refreshments will be provided. • **Free program, registration is required.**



Saturdays, January 25 – March 21, 2020  
Center for Healthy Aging, Lahey Outpatient Center,  
480 Maple Street, 1<sup>st</sup> FL, Danvers, MA 01923  
10:00 AM – 11:30 AM

Facilitator: Jessica Webb, LICSW

- January 25: What's Next After Diagnosis**
- February 1: Medication Management of Parkinson's**
- February 8: Importance of Exercise in PD**
- February 15: Impact of Parkinson's on Daily Coping and Relationships**
- No Meeting Saturday, February 22**
- February 29: Dealing with Physical Symptoms of PD**
- March 7: Tips for Daily Living**
- March 14: Caring for Others, Caring for Yourself**
- March 21: 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.

**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](mailto:apdama@apdaparkinson.org)**