

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

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



Mondays, March 9 – April 27, 2020
121 Lincoln Street, Worcester, MA 01605
10:30 AM – 12:00 PM

Facilitator: Elizabeth Austin, PsyD

- March 9: What's Next After Diagnosis**
- March 16: Medication Management of Parkinson's**
- March 23: Importance of Exercise in PD**
- March 30: Dealing with Physical Symptoms of PD**
- April 6: Impact of Parkinson's on Daily Coping and Relationships**
- April 13: Tips for Daily Living**
- April 20: Caring for Others, Caring for Yourself**
- April 27: 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

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