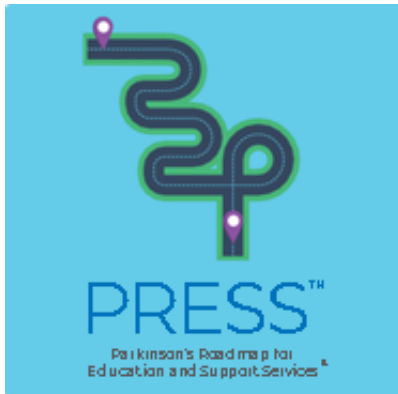


APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited and registration is required.



Saturdays, October 24 - December 12, 2020
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

October 24:	What's Next After Diagnosis
October 31:	Medication Management of Parkinson's
November 7:	Importance of Exercise in PD
November 14:	Dealing with Physical Symptoms of PD
November 21:	Impact of Parkinson's on Daily Coping and Relationships
November 28:	Tips for Daily Living
December 5:	Caring for Others, Caring for Yourself
December 12:	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. There will be an informal meet and greet ahead of the program to meet one another and to ensure everyone is comfortable with the technology. Date TBD.

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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