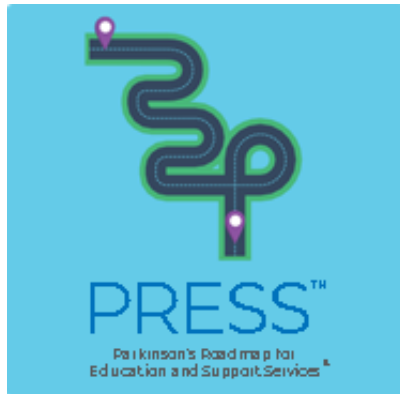


# APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

**Free program, space is limited and registration is required.**



Saturdays, January 23 - March 13, 2021  
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

<b>January 23:</b>	<b>What's Next After Diagnosis</b>
<b>January 30:</b>	<b>Medication Management of Parkinson's</b>
<b>February 6:</b>	<b>Importance of Exercise in PD</b>
<b>February 13:</b>	<b>Dealing with Physical Symptoms of PD</b>
<b>February 20:</b>	<b>Impact of Parkinson's on Daily Coping and Relationships</b>
<b>February 27:</b>	<b>Tips for Daily Living</b>
<b>March 6:</b>	<b>Caring for Others, Caring for Yourself</b>
<b>March 13:</b>	<b>Building your Healthcare team</b>

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. Please note that meeting topics may change in order depending on speaker availability.

**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)

