

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

Free program, space is limited and registration is required.



Saturdays, September 17 – November 5, 2022
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

September 17:	What's Next After Diagnosis
September 24:	Medication Management of Parkinson's
October 1:	Importance of Exercise in PD
October 8:	Dealing with Physical Symptoms of PD
October 15:	Impact of Parkinson's on Daily Coping and Relationships
October 22:	Tips for Daily Living
October 29:	Caring for Others, Caring for Yourself
November 5:	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. Please note that meeting topics may change in order depending on speaker availability.

[Click here to register](#)

**Questions? Contact the APDA Information & Referral Center at Boston University Medical
Campus**

800-651-8466 or apdama@apdaparkinson.org