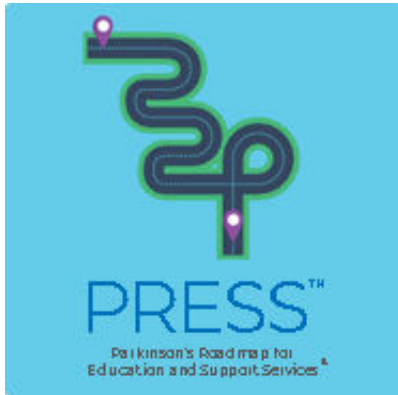


APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited and registration is required.



Saturdays, April 15 – June 10, 2023
(No Meeting Memorial Day Weekend)
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

April 15:	What's Next After Diagnosis
April 22:	Medication Management of Parkinson's
April 29:	Importance of Exercise in PD
May 6:	Dealing with Physical Symptoms of PD
May 13:	Impact of Parkinson's on Daily Coping and Relationships
May 20:	Tips for Daily Living
May 27:	NO MEETING - Memorial Day Weekend
June 3:	Caring for Others, Caring for Yourself
June 10:	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. 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