

Mind Body Program

Join Your PD Party! Less Stress, More Nutrition



Every Monday:

September 18 & 25, 2023

October 2, 9, 16 & 23, 2023

November 13 & 20, 2023

2:00-4:00PM MST

<https://apdaparkinson.zoom.us/j/86808626822>

Join your Self-Care Party! For patients and caregivers: a Mind Body approach to decrease Stress and increase Nutrition for the Arizona PD community.

This 8-week course will teach you nutrition tips and tricks, simple recipes, and ways to manage your stress. Share your favorite recipes in a friendly environment. Socialize with others, ask questions, and have fun! This group is made possible with the partnership with the American Parkinson's Disease Association.

This weekly Mind Body Program will provide participants with:

- A Two-Hour Weekly Live Interactive Program on specific topics to decrease stress and increase nutrition and cook healthy for the PD community
- Stress Management Topics will include: Positive Mindset, Visualization, Mindfulness, Breath Work, Better Sleep, Progressive Muscle Relaxation, Guided Imagery, Journaling, Laughter and other related topics
- Nutrition and Healthy Cooking Topics will include: Hydration, Eat like a Rainbow, Gut Health and PD, Decrease Anxiety through Food, Meal Planning, Food Distribution, Vitamins and Minerals, Whole Grains, Healthy Proteins, Healthy Fats and Omega-3 Fats, and other related topics.

For registration please contact **Debbie Polisky, MS, MBA** at dpolisky@cox.net



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