

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

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



Saturdays, April 6 – June 1, 2024  
10:30 AM - 12:00 PM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

<b>April 6:</b>	<b>What's Next After Diagnosis</b>
<b>April 13:</b>	<b>Medication Management of Parkinson's</b>
<b>April 20:</b>	<b>Importance of Exercise in PD</b>
<b>April 27:</b>	<b>Dealing with Physical Symptoms of PD</b>
<b>May 4:</b>	<b>Impact of Parkinson's on Daily Coping and Relationships</b>
<b>May 11:</b>	<b>Tips for Daily Living</b>
<b>May 18:</b>	<b>Caring for Others, Caring for Yourself</b>
<b>May 25:</b>	<b>NO MEETING – Memorial Day Weekend</b>
<b>June 1:</b>	<b>Building your Healthcare team</b>

*\*Please note that the order of topics is subject to change.*

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 online.](#)**

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

**800-651-8466 or [apdama@apdaparkinson.org](mailto:apdama@apdaparkinson.org)**