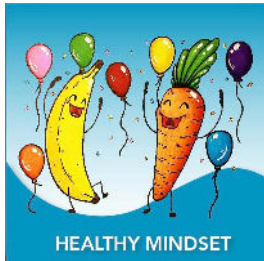


Mind & Body Program

Less Stress, More Nutrition!



This 6-week program 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 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.

Every Wednesday: March 20,27 & April 3,10,17 & 24

Time: 1:30 - 3:00 p.m

<https://apdaparkinson.zoom.us/j/83455096716?pwd=RHOrODQ5TUtPRFA5Rkh4a2dtbldwdz09>

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



**AMERICAN
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For questions: lesquer@apdaparkinson.org