

# JOIN PD THRIVE - 2025

## PARKINSON'S DISEASE VIRTUAL SUPPORT GROUP

We will be kicking off a new virtual Zoom group on the second Monday of each month for those living with Parkinson's disease in January of 2025. Each meeting will begin at 6:30 pm with a guest speaker that specializes in Parkinson's. We will then breakout into smaller zoom groups (one for those diagnosed with early / young onset PD, and one for those over the age of 55) to build a specific community, share tailored resources, and support one another with hope and optimism.

### MEET YOUR FACILITATORS

**Brooklyn White**, Parkinson's Program Coordinator

*UAB Comprehensive Movement Disorders Center - APDA AL I&R Coordinator*

Brooklyn brings a world of expertise and resource connections as the American Parkinson Disease Association's Information and Referral Center Coordinator at UAB for Alabama.

Additionally, Brooklyn has lived the PD journey with both her grandmother and father and can share tips for accessing the best care and resources locally in Alabama.

**Katie Fordham**, Parkinson's Advocate

Katie was diagnosed with Parkinson's in 2019 at the age of 36.

Since her diagnosis, Katie has had successful DBS surgeries and she and her husband are amazing advocates and resources for the Young Onset Parkinson's community. Residing in Alexandria, Alabama, Katie is the mother of three children and is actively involved in her church and community. She understands the unique challenges associated with being diagnosed with Parkinson's at such a young age - all while living life to its fullest despite having Parkinson's.

**REGISTER NOW!**

**Space is limited. Once you have registered, you will be contacted by the facilitator. Zoom links will be provided prior to the program's start.**

Register online at  
[https://uab.co1.qualtrics.com/jfe/form/SV\\_79vPtLvEXknZKom](https://uab.co1.qualtrics.com/jfe/form/SV_79vPtLvEXknZKom)

or by emailing / calling

**Brooklyn White** at

[bawhite@uabmc.edu](mailto:bawhite@uabmc.edu) 1.205.706.7320



# AGENDA FOR PD THRIVE - 2025

2ND WEEK OF EACH MONTH - MONDAY EVENINGS - 6:30 - 8:30 PM

<b>Date</b>	<b>Topic / Guest Speaker</b>	<b>Breakout Sessions</b>
January 13	<i>Parkinson's Overview</i> Harrison Walker, III, MD	Introductions - Group Expectations
February 10	<i>Building Your Health Care Team</i> Laura Lieb, CRNP, MPH	Accepting and Sharing Your Diagnosis - Building Your Circle of Care
March 10	<i>Importance of Physical Therapy</i> LSVT BIG Therapist - Jazma Dobbins	Tips for Staying Motivated to Move
April 14	<i>Medication Management</i> Marissa Dean, MD	Tips for Optimizing Meds
May 12	Mental Health: Managing Stress, Anxiety, Depression & Apathy Neuropsychologist	Tips for Managing Non-Movement Symptoms
June 9	Understanding Surgical Options UAB Movement Disorder Specialist	DBS Panel - Q&A
July 14	<i>Preparing for the Unexpected: Hospital Safety</i> , Brooklyn White	Future Planning
August 11	Additional Therapies: Understanding Occupational and Speech Therapies	Open Sharing Session
September 8	Understanding the Latest Research and Clinical Trials, UAB Movement Disorder Specialist	Clinical Trial Panel - Q&A
October 13	Nutrition and Movement - UAB Nutritionist and Movement Leaders	Open Sharing Session- Q&A
November 10	Unconventional Therapies - Outside of the Pill Box, Brooklyn White	Barriers to personal investment
December 8	Navigating PD Resources - PD Advocacy, Brooklyn White	Final Sharing Session - Q&A