

APDA Alabama **Parkinson's** Program

PRESS

Eight Week Support Group

Thursdays at 6:30 pm - October 2nd - November 20th

Virtual - Zoom

American Parkinson Disease Association (APDA) is proud to offer a special 8-week program for people who have been living with PD for the past 1-5 years. This unique program, titled PRESS, melds education about different aspects of living well with PD with psychological support and sharing. Care partners and adult family members of the person with PD are encouraged to attend the PRESS sessions as well. Attendance to all sessions is recommended to reap the maximum benefits of the program. There is no cost to attend the PRESS program, but registration is required.



WEEKLY, THURSDAYS AT 6:30 PM

BEGINS OCTOBER 2ND - NOVEMBER 20TH

- OCTOBER 2** - What's Next After Diagnosis?
- OCTOBER 9** - Medication Management of Parkinson's
- OCTOBER 16** - Importance of Exercise in PD
- OCTOBER 23** - Impact of PD on Daily Living, Coping and Relationships
- OCTOBER 30** - Dealing with Physical Symptoms of PD
- NOVEMBER 6** - Tips for Daily Living
- NOVEMBER 13** - Caring for Others, Caring for Yourself
- NOVEMBER 20** - Building Your Healthcare Team

FACILITATOR

Maureen Schuster, LICSW

REGISTER

To register for the
PRESS Program, contact
Maureen Schuster at
maureenbschuster@gmail.com or
by calling **1.404.229.7331**

FREE