

Parkinson's Good Start Program



Tuesdays, October 20 and 27, 2026
6 – 8 PM

Boston University Sargent College
635 Commonwealth Avenue
Boston, MA 02215

The Good Start Program is a two-part series presented by a team of Parkinson's disease specialists from Boston University and Boston University Medical Center. Participants will receive up-to-date information on diagnosis and treatment, as well as community resources to assist in PD management.

There is no cost for this program, which is open to individuals diagnosed with Parkinson's **three or fewer years ago**, along with a care partner or family member.

Day 1 – Tuesday, October 20, 6 – 8 PM

Welcome & Program Overview – Cathi A. Thomas, RN, MS

What is Parkinson's Disease? – Marie Saint-Hilaire, MD, FRCPC

The Role of Rehabilitation and Exercise – Terry Ellis, PhD, PT

Day 2 – Tuesday, October 27, 6 - 8 PM

Introduction to the Healthcare Team:

Physical Therapy, Occupational Therapy, Speech & Language Therapy,
Nutrition, Nursing/Social Services, and Community Resources

Medication Management – Kara M. Smith, MD, MSCI, FAAN

Scan Here to Register



Questions? Contact the APDA I & R Center at **800-651-8466** or **apdama@apdaparkinson.org**

Register at <https://secure.qgiv.com/for/apdmas/event/apdamagoodstart-fall2026/>

