

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

Free program, space is limited, and pre-screening is required.



Wednesdays, Sep 2 – Oct 21st, 2026
3:00 - 4:30PM EST

Program Presented Virtually via Zoom

Facilitator: Terri Trafas, LICSW

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| Sep 2: | What's Next After Diagnosis |
| Sep 9: | Medication Management of Parkinson's |
| Sep 16: | Importance of Exercise in PD |
| Sep 23: | Dealing with Physical Symptoms of PD |
| Sep 30: | Impact of Parkinson's on Daily Coping and Relationships |
| Oct 7: | Tips for Daily Living |
| Oct 14: | Caring for Others, Caring for Yourself |
| Oct 21: | Building your Healthcare team |

The group is open to any adult who has been diagnosed with Parkinson's disease (PD) within the last five years and one care partner or adult family member. Please note that meeting topics may change in order depending on speaker availability.

[Click here to submit an interest form.](#)

<https://secure.gqiv.com/for/apdmas/event/apdamapressinterest-fall2026/>

QUESTIONS?

Contact Cathi Thomas MS, RN at the APDA Information & Referral Center at Boston University Medical Campus at 800-651-8466 or apdama@apdaparkinson.org.

***The program is open to everyone, with priority registration provided to participants residing in Massachusetts, Vermont, New Hampshire, and Maine.*