2027 SCHEDULE OF SESSIONS
PARKINSON'S GOOD START PROGRAM
HOSTED BY APDA ALABAMA

The American Parkinson Disease Association (APDA) Information and Referral Center at UAB hosts special education programs for Alabama residents recently diagnosed with Parkinson's disease (PD). You do not need to be a UAB patient to attend. Offered in various locations across the state- as well as virtually over zoom, there is no cost to attend these sessions. Each session is taught by Advanced Practitioner, Laura Lieb of the UAB Movement Disorders Clinic. She is joined by Program Director, Brooklyn White as well as local guest panelists to feature specific local Parkinson's programs.

Family members and care partners are encouraged to attend also. Education and support at this key stage can empower people with PD to better navigate the journey ahead. All attendees will be provided with a resource kit and will be connected to local PD resources.

2027 LOCATIONS / DATES

Millbrook-Grandview YMCA
February 19th 10am-2pm

Birmingham - UAB St. Vincent's 119 Wellness Center
August 14th 10am - 2pm

Dothan-Southeast Medical Center
September 17th 1pm - 5pm

2027 VIRTUAL ZOOM DATES

Virtual sessions are available by demand and hosted in the Spring and Fall of each year.

Please call to indicate your interest and you will be placed on a waitlist for the next available zoom session.

AGENDA

- Parkinson's (PD) Overview
- Building Your PD Health Care Team
- Key Therapies Needed to Manage PD
- Tips for Living Well with PD
- Tips from Those with PD
- Navigating PD Resources
- Connect to Local PD Resources

To ask questions and learn more about these events, register, or to be put on a wait list for an upcoming event, please contact **Brooklyn White**, at **bawhite@uabmc.edu** or call **1.205.706.7320**.