



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

EVERY THURSDAY- APRIL 1st through MAY 27th
12:30 - 2:00PM

Program Presented Virtually via Zoom- Participants must attend a brief technology review session on April 1st at 12:30

- April 8: What's Next After Diagnosis
- April 15: Medication Management of Parkinson's
- April 22: Importance of Exercise in PD
- April 29: Dealing with Physical Symptoms of PD
- May 6: Impact of Parkinson's on Daily Coping and Relationships
- May 13: Tips for Daily Living
- May 20: Caring for Others, Caring for Yourself
- May 27: Building your Healthcare team

Free program. Space is limited and registration is required.

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners and adult family members.

To register or for additional information please contact Amanda Brill, LCSW or Jodi Peck, LCSW at 860-696-4653 or (Amanda.brill@hhchealth.org or Jodi.peck@hhchealth.org)

Sponsor:

