



Date: Every Thursday
Starting September 24, 2020

Location: Program presented through Zoom

Time: 12:30 pm - 2 pm

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

Complimentary refreshments will be provided. • Free program, registration is required.

Session 1: What's Next After Diagnosis

Session 2: Medication Management of Parkinson's

Session 3: Importance of Exercise in PD

Session 4: Dealing with Physical Symptoms of PD

Session 5: Impact of Parkinson's on Daily Coping and Relationships

Session 6: Tips for Daily Living

Session 7: Caring for Others, Caring for Yourself

Session 8: Building your Healthcare team

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:

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