

PD Health @ Home February

Join the Parkinson's disease (PD) community in weekly Parkinson's wellness and education online events designed for YOU.

Mondays @ 1 p.m. ET - Mindfulness Mondays
Enjoy guided meditation and relaxation!

Wednesdays @ 1 p.m. ET - Wellness Wednesdays
Hear from expert speakers on topics that are important to you!

Fridays (anytime) - Fitness Fridays
Get moving with PD-tailored on-demand fitness videos!

Now offering PD Health @ Home programs in Spanish!

Wellness Wednesday Topics

Register today at Parkinson.org/PDHealth.

Thinking Changes in Parkinson's: Engaging the Social Worker
Wednesday, February 3, 2021

Social Engagement: Creative Connections
Wednesday, February 10, 2021

Care Partner Town Hall: My Favorite Things
Wednesday, February 17, 2021

Miércoles de Bienestar- Wellness Wednesdays en Español
Wednesday, February 24, 2021

PD Health @ Home is presented by the Light of Day Foundation,
whose generosity has made this programming possible.

