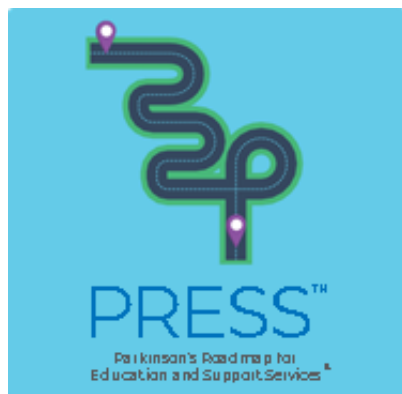


APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited and registration is required.



Saturdays, January 23 - March 13, 2021
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

January 23:	What's Next After Diagnosis
January 30:	Medication Management of Parkinson's
February 6:	Importance of Exercise in PD
February 13:	Dealing with Physical Symptoms of PD
February 20:	Impact of Parkinson's on Daily Coping and Relationships
February 27:	Tips for Daily Living
March 6:	Caring for Others, Caring for Yourself
March 13:	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. There will be an informal meet and greet ahead of the program to meet one another and to ensure everyone is comfortable with the technology. Date TBD. Please note that meeting topics may change in order depending on speaker availability.

**To register or for additional information please contact Cathi Thomas, MS, RN at the
APDA Information & Referral Center at Boston University Medical Campus**

APDA I & R Center: 800-651-8466 or apdama@apdaparkinson.org

