

APDA Safe & Steady™ Managing Falls, Balance, & Mobility in PD

A FREE four-week workshop specifically designed for people living with Parkinson's disease and their family care partners.

Led by physical and occupational therapists, this interactive program will help you:

- Better understand fall risks
- Strengthen balance and improve mobility
- Create safer home and community environments

Participants will gain practical, easy-to-use strategies for safer movement and a clearer understanding of how physical and occupational therapies can support mobility and independence in daily life.

Participants should be ambulatory. If someone is experiencing frequent falls, they should seek one-on-one appointments with a physical therapist.

Tuesdays
September 22 - October 13
12:30 to 2 PM

Ed and Phyllis Davis Wellness Institute
Stony Brook Southampton Hospital
240 Meeting House Lane
Southampton, NY 11968

Stony Brook Southampton Hospital

Take the next step toward moving with greater confidence by registering today.

To register,
email co-facilitator Sarah Cohen, PT, DPT, at
Sarah.Cohen@stonybrookmedicine.edu.

apda AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in optimism. Hope in progress.

Get in Touch
apda@apdaparkinson.org
800-223-2732
apdaparkinson.org