

# Parkinson's Pride: Engaging the LGBTQ+ Community

Do you have Parkinson's? Are you part of the LGBTQ+ Community?

**Parkinson's Pride** offers an innovative series of free virtual monthly meetings where you can connect with others who are part of both LGBTQ+ and Parkinson's communities, learn about valuable resources and share your experiences.

No matter where you live, you can participate in **Parkinson's Pride** and attend monthly meetings, electives and other events via Zoom.

Join our series of virtual monthly meetings to:

- Build community among LGBTQ+ people living with Parkinson's
- Create wellness plans to ensure you are living your best life (some topics to include: long term planning, improving intimacy, and Parkinson's specific nutrition; participants will also suggest discussion topics)
- Participate in specially designed workshops focused on music and resilience, Finding Your Voice through Writing, or a Parkinson's specific exercise program
- Share your health care experiences as LGBTQ+ people living with Parkinson's so we can develop practice recommendations for Parkinson's health care providers who care for this community
- Develop and participate in a national **Parkinson's Pride** event in June 2022

**Parkinson's Pride** will run August 2021- June 2022 and is limited to 20 participants.

**To apply to be a program participant, please complete the attached form no later than September 13<sup>th</sup> by clicking [HERE](#).**

For more information or to enroll directly, please contact Mikayla Hyman at [mhyman@bidmc.harvard.edu](mailto:mhyman@bidmc.harvard.edu) or call Mikayla Hyman at 202-495-3327.

**Parkinson's Pride** is offered by Beth Israel Deaconess Medical Center's Parkinson's Foundation Center of Excellence and the LGBT Aging Project at Fenway Health, with support from the Parkinson's Foundation.