

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

Free program, space is limited and registration is required.



Saturdays, May 1 – June 26, 2021
(No Meeting May 29 for Memorial Day)
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

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| May 1: | What's Next After Diagnosis |
| May 8: | Medication Management of Parkinson's |
| May 15: | Importance of Exercise in PD |
| May 22: | Dealing with Physical Symptoms of PD |
| May 29: | NO MEETING – Memorial Day Weekend |
| June 5: | Impact of Parkinson's on Daily Coping and Relationships |
| June 12: | Tips for Daily Living |
| June 19: | Caring for Others, Caring for Yourself |
| June 26: | 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 online click here.](#)

Questions? Contact the APDA Information & Referral Center at Boston University Medical Campus

800-651-8466 or apdama@apdaparkinson.org