

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

Free program, space is limited and registration is required.



Saturdays, September 11 – October 30, 2021
10:00 - 11:30 AM

Program Presented Virtually via Zoom

Facilitator: Sarah Singer, LICSW

September 11:	What's Next After Diagnosis
September 18:	Medication Management of Parkinson's
September 25:	Importance of Exercise in PD
October 2:	Dealing with Physical Symptoms of PD
October 9:	Impact of Parkinson's on Daily Coping and Relationships
October 16:	Tips for Daily Living
October 23:	Caring for Others, Caring for Yourself
October 30:	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