



2022 dates (8 consecutive Thursdays)

June 16, 23, 30

July 7, 14, 21, 28

August 4

Time: 2:00 pm to 3:30 pm

Location: Tucson (Grant & Craycroft area).

Address provided to enrollees after acceptance into group.

For a pre-enrollment screening please contact the facilitator, Cynthia Holmes, PhD, at tucsonpdcoach@gmail.com (preferred), or by phone or text to (520) 307-8254. Provide your name and phone number and ask to be contacted about the PRESS™ program.

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

This program is free, but screening and pre-registration is required.

Session 1 – June 16	What's Next After Diagnosis
Session 2 – June 23	Medication Management
Session 3 – June 30	Importance of Exercise in PD
Session 4 – July 7	Dealing with Physical Symptoms of PD
Session 5 – July 14	Impact of PD on Daily Coping and Relationships
Session 6 – July 21	Tips for Daily Living
Session 7 – July 28	Caring for Others, Caring for Yourself
Session 8 – Aug 4	Building your Healthcare Team

The group is open to individuals who have been diagnosed with Parkinson's disease within the last 5 years. Depending on enrollment, spouse/partner or other adult family member may also attend.

www.apdaparkinson.org