

JOIN PD THRIVE - 2025

PARKINSON'S DISEASE VIRTUAL SUPPORT GROUP

We will be kicking off a new virtual Zoom group on the second Monday of each month for those living with Parkinson's disease in January of 2025. Each meeting will begin at 6:30 pm with a guest speaker that specializes in Parkinson's. We will then breakout into smaller zoom groups (one for those diagnosed with early / young onset PD, and one for those over the age of 55) to build a specific community, share tailored resources, and support one another with hope and optimism.

MEET YOUR FACILITATORS

Brooklyn White, Parkinson's Program Coordinator

UAB Comprehensive Movement Disorders Center - APDA AL I&R Coordinator

Brooklyn brings a world of expertise and resource connections as the American Parkinson Disease Association's Information and Referral Center Coordinator at UAB for Alabama. Additionally, Brooklyn has lived the PD journey with both her grandmother and father and can share tips for accessing the best care and resources locally in Alabama.

Katie Fordham, Parkinson's Advocate

Katie was diagnosed with Parkinson's in 2019 at the age of 36.

Since her diagnosis, Katie has had successful DBS surgeries and she and her husband are amazing advocates and resources for the Young Onset Parkinson's community. Residing in Alexandria, Alabama, Katie is the mother of three children and is actively involved in her church and community. She understands the unique challenges associated with being diagnosed with Parkinson's at such a young age - all while living life to its fullest despite having Parkinson's.

REGISTER NOW!

Register online at
https://uab.co1.qualtrics.com/jfe/form/SV_79vPtLvEXknZKom

or by emailing / calling

Brooklyn White at

bawhite@uabmc.edu 1.205.706.7320

Space is limited. Once you have registered, you will be contacted by the facilitator. Zoom links will be provided prior to the program's start.



AGENDA FOR PD THRIVE - 2025

2ND WEEK OF EACH MONTH - MONDAY EVENINGS - 6:30 - 8:30 PM

Date	Topic / Guest Speaker	Breakout Sessions
January 13	Introductions, PD Overview UAB Movement Disorder Specialist	Sharing/Coping with the PD Diagnosis - Upcoming Sessions
February 10	Building Your Health Care Team Brooklyn White	YOPD: Parenting with PD LWPD: Navigating Diagnosis with Adult Children
March 10	Importance of Physical Therapy LSVT BIG Therapist	YOPD: Open Sharing Session- Q&A LWPD: Open Sharing Session- Q&A
April 14	Medication Management UAB Movement Disorder Specialist	YOPD: Tips for Optimizing Meds LWPD: Tips for Optimizing Meds
May 12	Mental Health: Managing Stress, Anxiety, Depression & Apathy UAB Psychologist	YOPD: Mind Body Connectedness LWPD: Mind Body Connectedness
June 9	Understanding Surgical Options UAB Movement Disorder Specialist	YOPD: DBS Panel - Q&A LWPD: DBS Panel - Q&A
July 14	Preparing for the Unexpected: Hospital Safety, Brooklyn White	YOPD: Open Sharing Session- Q&A LWPD: Open Sharing Session- Q&A
August 11	Additional Therapies: Understanding Occupational, Speech Therapies	YOPD: Future Planning LWPD: Future Planning
September 8	Understanding the Latest Research and Clinical Trials, UAB Movement Disorder Specialist	YOPD: Clinical Trial Panel - Q&A LWPD: Clinical Trial Panel - Q&A
October 13	Unconventional Therapies - Outside of the Pill Box, UAB MDS	YOPD: Open Sharing Session- Q&A LWPD: Open Sharing Session- Q&A
November 10	Nutrition and Movement - UAB Nutritionist and Movement Leaders	YOPD: Barriers to personal investment LWPD: Barriers to personal investment
December 8	Navigating PD Resources - PD Advocacy	YOPD: Final Sharing Session - Q&A LWPD: Final Sharing Session - Q&A