

# Living Well with Parkinson's Disease: What is Under Your Control?



Dr. Rebecca Gilbert will share practical steps you can take to live well with Parkinson's disease (PD). While PD brings many uncertainties, there are key aspects of your health and well-being that are within your control. From staying active and improving your sleep, to managing your care team and building a strong support network, this session will highlight strategies to help you take charge of your Parkinson's journey.

***Presentation will be followed by lunch.***

---

Date & Time

**Wednesday, June 11, 2025**

11:30 AM - 1:00 PM

---

Location

**Nino's Restaurant**

1110 Hyland Blvd.

Staten Island, NY 10305

---

**Registration is required.**

To register, contact Gina Bray at  
[gbray@apdaparkinson.org](mailto:gbray@apdaparkinson.org) or 646-899-0556.