

# Parkinson's Good Start Program



Tuesdays, October 21st & 28th, 2025  
6 - 8 PM

Boston University Sargent College  
635 Commonwealth Avenue  
Boston, MA 02215

The Good Start Program is a two part series presented by a team of Parkinson's disease specialists from Boston University and Boston University Medical Center. Participants will receive up-to-date information on diagnosis and treatment, as well as community resources to assist in PD management.

There is no cost for this program, which is open to individuals diagnosed with Parkinson's three or fewer years ago, along with a care partner or family member.

## Day 1 - Tuesday, October 21st, 6 - 8 PM

**Welcome & Program Overview** - Cathi A. Thomas, RN, MS

**What is Parkinson's Disease?** - Kara Smith, MD, MSCI

**The Role of Rehabilitation and Exercise** - Terry Ellis, PhD, PT

## Day 2 - Tuesday, October 28th, 6 - 8 PM

**Introduction to the Healthcare Team:** Physical Therapy, Occupational Therapy, Speech & Language Therapy, Nutrition, Nursing/Social Services, and Community Resources

**Medication Management** - Katelyn Bird, MD, MS

**Questions?** Contact the APDA I & R Center at 800-651-8466 or [apdama@apdaparkinson.org](mailto:apdama@apdaparkinson.org)

**Register Online** at <http://bit.ly/3J8Meu9>

**REGISTER:**

