

JOIN PD THRIVE - 2026

PARKINSON'S DISEASE VIRTUAL SUPPORT GROUP

Registration is now open for PD THRIVE 2026, a virtual Support Group hosted on Zoom the second Monday of each month for those living with Parkinson's disease. 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 to build community and camaraderie, 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

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

MONTHLY - SECOND MONDAYS

6:30 PM: EDUCATIONAL SESSIONS
7:30 PM: SUPPORT GROUP

AGENDA

January: PD Essentials Overview and Building Your Healthcare Team

February: PD Treatment: Medication Management

March: PD Treatment: Surgical Interventions

April: PD Therapies: Physical and Pelvic Floor Therapy

May: PD Therapies: Speech Therapy

June: PD Therapies: Occupational Therapy

July: PD Lifestyle: Nutrition, Hydration and Supplements

August: Managing Stress and Anxiety

September: Building Good Sleep Practices and Fatigue

October: Understanding Cognitive Changes in PD

November: Hospital Safety

December: Advocating for PD: Clinical Trials and Resources

Register Online:

https://uab.co1.qualtrics.com/jfe/form/SV_eaFpANc1g9Cdfkg

or by emailing / calling

Brooklyn White at

bawhite@uabmc.edu 1.205.706.7320

REGISTER NOW!

Once you have registered, you will be contacted by the facilitator.

Zoom links will be provided prior to the program's start.