

# 2026 SCHEDULE OF SESSIONS

## PARKINSON'S GOOD START PROGRAM

### HOSTED BY APDA ALABAMA

The American Parkinson Disease Association (APDA) Information and Referral Center at UAB hosts special education programs for Alabama residents recently diagnosed with Parkinson's disease (PD). Offered quarterly, in various locations across the state- as well as virtually over zoom, there is no cost to attend these sessions. Family members and care partners are encouraged to attend with person's diagnosed with Parkinson's. Education and support at this key stage can empower people with PD to better navigate the journey ahead. All attendees will be provided with a resource kit and will be connected to local PD resources. Please see the registration link below to secure your spot on the waitlist.

#### TYPICAL AGENDA

Parkinson's Overview

Building Your PD Health Care Team

Tips for Living Well with Parkinson's

Navigating PD Resources

We also connect you to your local PD contacts at each event.

#### 2026 LOCATIONS / DATES

Anniston - April 17th

Pelham - September 18th

Madison - November 13th

#### 2026 VIRTUAL ZOOM DATES

Zoom sessions are broken  
into 2-Part Sessions

March 23rd and March 24th - 6:30 - 8pm

October 11<sup>th</sup> and 20th - 6:30 - 8pm

To receive important updates and details about registration for each of these events, please follow this survey link or QR code to sign-up for the **2026 Good Start Programs Waitlist**:

[https://uab.co1.qualtrics.com/jfe/form/SV\\_6YBqGOrLStEw8zc](https://uab.co1.qualtrics.com/jfe/form/SV_6YBqGOrLStEw8zc)

To stay informed about upcoming **Good Start Programs**: Go to:  
[www.apdaparkinson.org/alabama](http://www.apdaparkinson.org/alabama)

Or Contact Brooklyn White at [bawhite@uabmc.edu](mailto:bawhite@uabmc.edu), or by calling **1.205.706.7320**.

