

APDA Alabama Parkinson's Program

PRESS

Eight Week Support Group

Thursdays at 10:00AM - March 5th - April 23rd

Virtual - Zoom

American Parkinson Disease Association (APDA) is proud to offer a special 8-week program for people who have been living with PD for the past 1-5 years. This unique program, titled PRESS, melds education about different aspects of living well with PD with psychological support and sharing. Care partners and adult family members of the person with PD are encouraged to attend the PRESS sessions as well. Attendance to all sessions is recommended to reap the maximum benefits of the program. There is no cost to attend the PRESS program, but registration is required.



**WEEKLY, THURSDAYS AT 10:00 AM
BEGINS March 5th - April 23rd**

MARCH 5 - What's Next After Diagnosis?
MARCH 12 - Medication Management of Parkinson's
MARCH 19 - Importance of Exercise in PD
MARCH 26 - Impact of PD on Daily Living,
Coping and Relationships
APRIL 2 - Dealing with Physical Symptoms of PD
APRIL 9 - Tips for Daily Living
APRIL 16 - Caring for Others, Caring for Yourself
APRIL 23 - Building Your Healthcare Team

REGISTER

To register for the
PRESS Program, contact
Maureen Schuster at
maureenbschuster@gmail.com or
by calling **1.404.229.7331**

FREE

FACILITATOR

Maureen Schuster, LICSW