

## APDA Alabama **Parkinson's** Program

# PRESS

Eight Week Support Group

**Thursdays at 10:00AM - March 5<sup>th</sup> - April 23<sup>rd</sup>**

**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 5<sup>th</sup> - April 23<sup>rd</sup>**

- 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

**FACILITATOR**

**Maureen Schuster, LICSW**

**REGISTER**

To register for the  
PRESS Program, contact  
Maureen Schuster at  
[maureenbschuster@gmail.com](mailto:maureenbschuster@gmail.com) or  
by calling **1.404.229.7331**

**FREE**