



AT THE FOREFRONT

**UChicago
Medicine**



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

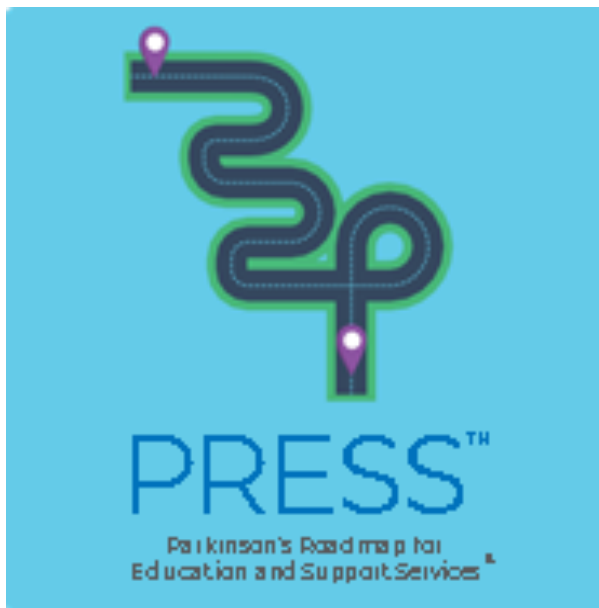
APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited, and registration is required.

Program Presented Virtually via Zoom

Date: Every Thursday, February 3rd – March 24th 2022

Time: 10:00A.M. – 11:30 AM CT



What's Next After Diagnosis

Medication Management of Parkinson's

Importance of Exercise in PD

Dealing with Physical Symptoms of PD

**Impact of Parkinson's on Daily Coping
and Relationships**

Tips for Daily Living

Caring for Others, Caring for Yourself

Building Your Healthcare Team

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners, and adult family members.

To register or for additional information please contact

Nicole.reidy@uchospitals.edu at: 1-773-834-1688

www.apdaparkinson.org