



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

**Wednesday, April 6, 2022 -Wednesday, May 11, 2022**

**In Person at On With Life Ankeny, IA and**

**via Zoom 11:00 am – 12:00 pm**

Join us to learn more about:

**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**

**Free program. Space is limited and registration is required.**

**Registration Deadline April 6, 2022**

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 Susan Callison 515-782-4386 or [scallison@apdaparkinson.org](mailto:scallison@apdaparkinson.org)**

**Sponsor: On With Life**