



Presents

LIVING WITH & UNDERSTANDING PARKINSON'S DISEASE A PROGRAM FOR PEOPLE WITH PARKINSON'S AND THEIR FAMILIES



This 6-week series provides information and discussion on all aspects of living with PD. This program is of value to the newly diagnosed as well as patients and families dealing with PD for several years. These sessions will be presented by health care professionals from **St. John Providence** and **Ascension** who treat people with Parkinson's disease.

WHEN: Begins Wednesday March 29, 2017
(Each Wednesday from March 29 through May 3, 2017)

TIME: 1 pm – 3:00 pm

WHERE: Services for Older Citizens
158 Ridge Road
Grosse Pointe Farms, MI 48236

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| Session I | Introduction: What is Parkinson's Disease |
| Session II | Understanding and Managing Medications |
| Session III | Non Motor symptoms & Diet
Captain Your Own Ship: Empowering Yourself
Be an active part of the health care team |
| Session IV | The role of Rehab therapy and exercise in managing Parkinson's
Physical therapist and Occupational Therapist |
| Session V | Mental Health Issues: Coping with depression and anxiety
Psychologist or Social Worker |
| Session VI | Speech, Language and Swallowing Issues |

FEE: **No Charge, however pre-registration is mandatory as space is limited.**
CONTACT MPF AT (248) 433-1011 OR 1-800-852-9781.

Michigan Parkinson Foundation
Dedicated to People Living with Parkinson's