



Virtual Programming and Resources for the PD Community

During this challenging and often isolating time of social distancing, now more than ever we recognize the importance for people within the Parkinson's disease (PD) community to stay active, connect with each other and receive support no matter their physical location.

Therefore, I am pleased to share some additional information about the Foundation's new weekly online educational series [PD Health @ Home](#), as well our online community, [PD Conversations](#), which officially launched earlier this year.

[PD Health & Home](#) is hosting weekly online events designed for the Parkinson's community taking place from April 6 – June 11. Visit [Parkinson.org/PDHealth](#) for a full list of events and to [register](#) for upcoming events or watch archived PD Health events any time.

Mindfulness Mondays

Start your week with calmness, as you take part in guided relaxation techniques to help boost brain power and reduce stress.

Expert Briefings Tuesdays

Taking place in home offices across the nation, we will host webinars about the PD topics that matter most to you.

Wellness Wednesdays

Join us at noon for a Facebook Live event or a PD-related educational video that will highlight PD awareness, research or treatments.

Take Time Thursdays

Choose from several virtual events taking place across [local chapters](#). Engage with a PD expert on the topics that matter most to you — exercise, nutrition, stress management and more.

Fitness Fridays

This PD-tailored 10-part fitness series will feature a new focus every week, from balance to coordination, posture and more.

Upcoming Events



Events are going virtual!

All in-person events have been postponed through June 30.

Visit [Parkinson.org/Events](#) for all upcoming virtual events, including:

April 30: [Answering Your PD Questions with AARP: From Newly Diagnosed to Caregiver Resources](#)

May 9: [Moving Day - A Virtual Walk](#)

May 16: [2020 Care Partner Summit | Cumbre Para Cuidadores](#)

June 9: [Newly Diagnosed: Living Your Best Life with Parkinson's](#)

New books and fact sheets are always available at [Parkinson.org/Library](#).

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HELPLINE: [English /Español](#)
1.800.4PD.INFO (473-4636)
Get your PD questions answered.



Centers of Excellence Newsletter

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Join PD Conversations

A place to ask your Parkinson's questions, connect with others living with the disease and be part of a network of support.

PD Conversations is an interactive online community that harnesses the power and incredible expertise of the PD community at large.

Through joining [PD Conversations](#), patients and their families can ask questions, connect with others living with and impacted by the disease and be part of a network of support.

Participants can ask questions, find specific answers or talk to others going through similar experiences in across eight lively discussion groups: Newly Diagnosed, Symptoms of PD, Treating PD, Tips for Daily Living, Caregiving, Young Onset, Español, General Discussion.

We are proud to have developed an easy and effective platform that enables people to connect and receive support virtually.

If you would like more about this resource, please contact the Helpline at 1-800-4PD-INFO (473-4636) or helpline@parkinson.org.

Thank you to our corporate partners for their support of this year's Centers Leadership Conference!



Center of Excellence Programming



Virtual Centers Leadership Conference
August/September 2020 (TBD)

In-Person COE Convening
November 5-6, 2020
Location TBD

Alled Team Training for Parkinson's (ATTP)



ATTP Minneapolis
Host: Struthers Parkinson's Center
Location: Minneapolis, MN
October 21-24, 2020

ATTP Boston
Hosts: Beth Israel Deaconess Medical Center (BIDMC) and Massachusetts General Hospital
Location: Boston, MA
November 16-19, 2020

ATTP Cognition
Host: University of California San Diego (UCSD)
Location: San Diego, CA
Summer 2021 (Dates TBD)

**Offered exclusively to ATTP alumni. Previous attendance to ATTP is required to apply.*

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