



“GOOD START PROGRAM” SLATED FOR AUGUST 15

The Parkinson’s Association of San Diego is hosting its next “Good Start Program” seminar on August 15 at Paradise Village Retirement Community. Designed for newly diagnosed Parkinson’s patients and their care partners, the seminar is a 2-hour session including a 90-minute presentation followed by Q&A. There is no cost to the participants. It will feature Dr. Abigail Lawler, Movement Disorders Neurologist, Neurology Center of Southern California as well as speakers who address Parkinson’s patient and care partner perspectives, and legal issues.

Specific topics will include maintaining a positive attitude; understanding Parkinson’s; choosing a physician; common medications; care partners; importance of exercise & nutrition; benefits of physical; occupational, speech and music therapy; legal issues; research; and support services.

Seminar Details

Date: Wednesday, August 15

Time: Registration & Lunch 11:00 a.m. / Program 12:00 p.m. – 2:00 p.m.

Location: Paradise Village Retirement Community, 2700 East 4th Street, National City, CA 91950

Directions & Parking Information: Will be provided to attendees

Registration is required by August 13. Space is limited. **To register, please go to www.parkinsonsassociation.org to download the form and send it in, or call 858-999-5671.**

The Parkinson’s Association of San Diego is a 501(c)(3) non-profit organization dedicated to optimizing quality of life for people affected by neurological and movement disorders. As the leading Parkinson’s resource in San Diego County, the association provides information and referral services, education, support groups, evidence-based exercise programs, community events, social opportunities, compassion and encouragement.