



FamilyMeans
CAREGIVING & AGING

Shaping Your Tomorrow: Living with Parkinson's Disease

Wednesdays, April 5 – May 10th, 2023 (6 week series)
10am – Noon
Hosted by FamilyMeans

Shaping Your Tomorrow Living with Parkinson's Disease is designed to meet the needs of both the person living with Parkinson's Disease and a family member or support person. Each week introduces a specific topic for education, planning for the future, and learning from others on a similar journey.

Shaping Your Tomorrow provides:

- A supportive learning environment to gain knowledge and ask questions
- A chance to talk with others about your experience
- Resources and information to help plan and build confidence
- An opportunity to Shape Your Tomorrow Living with Parkinson's Disease

For more information, please contact:
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