



**FamilyMeans**  
CAREGIVING & AGING

## Shaping Your Tomorrow: Living with Parkinson's Disease

Wednesdays, April 16<sup>th</sup> – May 21<sup>st</sup> 2025 (6 week series)  
10am – 11:30am  
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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