



PRESS™ is a FREE eight-week education and support program for those diagnosed with Parkinson's disease (PD) in the last five years and their care partners.

**PD-focused session topics include:**

- What's Next After Diagnosis
- Medication Management
- Importance of Exercise
- Dealing with Physical Symptoms
- Impact on Daily Coping and Relationships
- Tips for Daily Living
- Caring for Others, Caring for Yourself
- Building Your Healthcare Team

*Facilitated by Judy Margolis, MSW.*

A signature program from the American Parkinson Disease Association.

**Tuesdays**  
**February 11 - April 1**  
**4:30 to 6 PM**

The Marlene Meyerson JCC Manhattan  
334 Amsterdam Avenue at 76th Street  
New York, NY 10023



**Space is limited and  
registration is required.**

To register, contact Judy  
Margolis, MSW at  
[jmargolis@mmjccm.org](mailto:jmargolis@mmjccm.org) or call  
646-505-4398.

Parkinson's Wellness at the Marlene  
Meyerson JCC Manhattan is supported by  
the Edmond J. Safra Foundation and the  
Neil S. Hirsh Foundation.



**Get in Touch**  
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