

ARE YOU RECENTLY DIAGNOSED WITH PARKINSON'S DISEASE?



PD SELF™

Parkinson's Self-Efficacy
Learning Forum

What is PD SELF? Parkinson's Self-Efficacy Learning Forum - A national program, now being offered in Albany for the first time, that provides people with Parkinson's with an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence.

Who is eligible? People with Parkinson's diagnosed within the last three years who can commit to an eight-session program. Care partners are welcome. There is no cost to attend. Space is limited.

What is self-efficacy? The ability to have influence over the conditions that affect our lives. A scientifically-based approach that is effective in helping people with Parkinson's to develop the motivation and skills to manage PD.

Who delivers the program? Debra Virtanen, a health care professional, and Jud Eson, a person with Parkinson's. Both are certified facilitators of the PD SELF program.

When and where does it meet? The first session will be held in Slingerlands on Wednesday, September 12, 2018 from 4:00 – 7:00. There will be a total of eight monthly sessions. Each subsequent session will be on the second Wednesday of the month.

**JOIN AN INNOVATIVE
PROGRAM DESIGNED TO
HELP YOU MANAGE PD
AND IMPROVE YOUR
QUALITY OF LIFE**

**LEARN PROACTIVE AND
POSITIVE WAYS YOU CAN
MANAGE YOUR
PARKINSON'S DISEASE**

**CARE PARTNERS ARE
ENCOURAGED TO
ATTEND AND LEARN
TOO!**

**SPACE IS LIMITED AND
REGISTRATION IS
REQUIRED**

How do I find out more?

Visit
www.cdparkinsons/PD-SELF

Visit www.pdself.org

PD SELF Albany

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