



What 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.

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

Where We will meet at the Terrace Community Room at Beverwyck in Slingerlands. – 41 Beverwyck Lane, Slingerlands, NY 12159

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.

How do I find out more and sign up?

Read www.cdparkinsons/PD-SELF Read www.pdself.org

Send email to PDSELF.Albany@gmail.com

with questions or to register.