Parkinson's Self-Efficacy Learning Forum

For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www PDSELF org

For questions, more information

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday, September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.



For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday, September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.

PD S

or to register -- email: PDSELF.Albany@gmail.com Parkinson's Self-Efficacy Learning Forum or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday. September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.



Parkinson's Self-Efficacy Learning Forum

For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday. September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.

Parkinson's Self-Efficacy

For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday, September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.

Parkinson's Self-Efficacy

For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday, September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.

PD! Parkinson's Self-Efficacy Learning Forum

For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday. September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.



For questions, more information or to register -- email: PDSELF.Albany@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday. September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.



For questions, more information or to register -- email: PDSELF.Albanv@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday, September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.



For questions, more information or to register -- email: PDSELF.Albanv@gmail.com or visit www.PDSELF.org

PD SELF is a learning program designed to help people who were diagnosed with Parkinson's less than three years ago. It provides knowledge and tools to increase the motivation and skills to better manage life. We will learn about Parkinson's and how to approach goals, tasks and challenges. The free, eight-month, once-a-month program will start on Wednesday, September 12 at 4:00 PM at the Beverwyck Terrace Room, 41 Beverwyck Ln, Slingerlands. Care partners are welcome.