



April 2020 Parkinson's Disease Resources

In the midst of the ongoing COVID-19 outbreak and with so many changes and closures in our usual routines, we wanted to share this list of online resources for our patients with Parkinson's Disease. Please be sure to consult your physician or allied health team if you have any questions about safety with exercise.

In this document you will find:

1. Shirley Ryan AbilityLab ONLINE monthly Parkinson's Educational Series
 2. Online FREE fitness classes & resources
 3. Online paid fitness classes & resources
 4. Information about COVID-19 & PD
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1. Shirley Ryan AbilityLab ONLINE Parkinson's Educational Series
Free online educational series for people with Parkinson's Disease and their care partners.

Cognitive, behavior and emotional challenges as well as non-motor symptoms can occur in Parkinson's



2.

