



IDEA F E AL HEAL H

**Interactive
Demonstrations,
Education,
Activities, and
Support for Mental
Health in
Parkinson's Disease**

This program, directed by Dr. Jennifer G. Goldman and supported by a Parkinson's Foundation 2021 Community Grant, will focus on ways for you to increase your knowledge about mental health topics in Parkinson's disease (PD) and to develop proactive strategies to enhance your mental well-being.





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November 6, 2021
Music and Speech Therapy

December 4, 2021
Nutrition



**All virtual sessions starting
in November 2021.**

*Email smarchbank@sralab.org if
you have any additional questions.*