

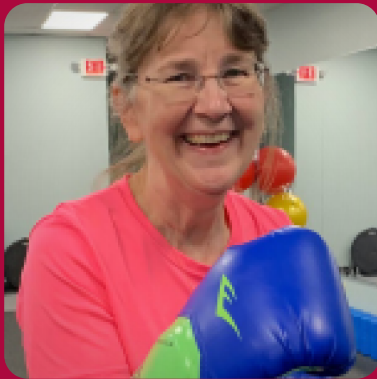
NOW OFFERED VIRTUALLY

PD SELF®

Parkinson's Self-Efficacy Learning Forum

Learn how to transform your Parkinson's journey with courage and confidence through the power of self-efficacy

SELF-EFFICACY IN ACTION



PD SELF is a national program of the Movement Disorders Foundation that provides newly diagnosed Parkinson's patients and their care partners with a scientifically-based approach to disease management.

Led by people with Parkinson's and health care professionals trained in self-efficacy, participants meet in a virtual group format every other week during this 8-module series.

ELIGIBILITY: People diagnosed with Parkinson's within the last three years and their care partners

WHEN: Virtual classes begin the week of 04/05/21

COMMITMENT: Modest homework plus 2 - 2.5 hour group meetings over 4 months

REQUIREMENTS: Must be a Colorado resident; must have access to a computer or tablet with Wi-Fi

COST: FREE

*"This is the best
medicine for
Parkinson's anyone can
have."*

"It changed my life!"

- PD SELF Graduates

Space is limited and registration is required.

For more information or to register:

support@pdself.org

(719) 287-0947

www.pdself.org