

PD SELF®

Parkinson's Self-Efficacy
Learning Forum

For those newly diagnosed with Parkinson's



A self-efficacy program that
improves quality of life

PD SELF is a clinical
trial -validated program
for patients who have been diagnosed with
Parkinson's within 3 years. Our program
provides you with the motivation,
confidence, skills and knowledge to
improve your quality of life.
Care partners encouraged to join.

WHAT OUR PD SELF GRADUATES REPORT:

- ▶ Better symptom management
- ▶ More physically active
- ▶ More socially connected
- ▶ Less fear & anxiety
- ▶ Enjoy life more!

Learn and gain support
from your fellow
participants through
small group sessions
presented on Zoom,
facilitated by trained
health professionals and
PD SELF graduates

**VIRTUAL SESSIONS
BEGIN THE WEEK OF
JAN. 8TH, 2023**

REGISTER NOW

**VISIT US AT
PDSELF.ORG
OR CALL US AT
719.639.3380**