The Parkinson Support Network is an alliance of consumers, health and human services providers, and organizations committed to reaping the synergies of our existing resources and stimulating new initiatives to address unmet needs of individuals living with Parkinson’s disease (PD) and their families/care partners. We envision a Cape-wide coordinated and comprehensive network that stimulates:

- Educational programs
- Psychosocial support services
- Specialized exercise and wellness programs
- Up-to-date information about PD [www.parkinsoncapecod.org]
- Ongoing Calendar of Events [www.parkinsoncapecod.org]
The Parkinson Support Network offers:

**Exercise & Movement**
- Dance
- Choral Singing

**Support**
- Individual
- Family

**Local Information & Education**
- Website
- Newsletter
- Latest resources on Parkinson’s disease

**Annual Spring Fling Dinner Dance**
A celebration for families living with Parkinson’s disease and their friends and supporters. 
*Held in May each year.*
For more information: 508-280-0553

**Exercise, Movement and Support**

**Caregiver Retreats**
Caring for someone with Parkinson’s disease or another movement disorder is challenging! Care giving is hard work and can tax our bodies, minds and spirits. Our retreats care for the caregiver!

**Choral Singing**
Choral singing is an enjoyable social event that can help people affected with PD improve vocal volume and clarity. This is a six (6) session program. No experience with choral singing is necessary.

**Fitness Exercise & Dance Classes**
Fitness, exercise and dance can benefit PD-specific concerns such as balance, coordination, flexibility and gait, but most importantly, it’s fun! All are welcome! This is a six (6) session program. No experience required!

Please visit our website for events and class schedules

www.parkinsoncapecod.org

**2011 Education Series**

**How to Improve Cognition in Parkinson’s Disease**
Daniel Press, MD
Assistant Professor in Neurology, Harvard Medical School; Neurologist, Beth Israel Deaconess Medical Center

**New Treatments in Parkinson’s Disease**
Daniel Tarsy, MD
Professor of Neurology, Harvard Medical School; Director, Parkinson’s Disease & Movement Disorders Center, Beth Israel Deaconess Medical Center

**Social Enjoyment and Flourishing with Parkinson’s Disease**
Linda Tickle-Degnen, PhD., OTR/L, FAOTA
Professor and Chair, Department of Occupational Therapy; Director, Health Quality of Life Lab, Tufts University

**Attitude, Gratitude and Other Perspectives on Living Well with Parkinson Disease**
John S. Allen, PhD
Health Psychologist, Spaulding Rehabilitation Hospital, Cape Cod

Reservations Required
Call: 800-651-8466
APDA - INR Center