

IDEAS FOR MENTAL HEALTH

A live, online education series

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

**The first virtual
session will take
place on
November 6, 2021.**

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

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.

Join us as we explore several topics that are important to mental health and share tools, tips, and resources in an interactive and engaging format.

- Physical Exercise, Fitness and Activity
- Music and Speech Therapy
- Nutrition
- Mindfulness

Sessions will include separate tracks for people with PD who are newly diagnosed and those who have had PD for longer durations – and for both tracks, care partners are welcome too!

This program also includes an optional research part that will involve filling out online surveys, including basic demographics, knowledge questions, PD-related and caregiver-related scales, and program feedback evaluations.

Follow this link to pre-register!

**[https://bit.ly/SRALab-
IDEAS-Registration](https://bit.ly/SRALab-IDEAS-Registration)**

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*Join our first session on Music and
Speech Therapy with instructor*
Julie Lenkiewicz, MS, CCC-SLP

November 6, 2021
Music and Speech Therapy

December 4, 2021
Nutrition

January 8, 2022
Mindfulness

February 5, 2022
*Physical Exercise, Fitness,
and Activity*

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

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you have any additional questions.*