

MINDSET-PD

A virtual education course and support series about mental well-being for people with Parkinson's and/or their care partners.

10-WEEK COURSE STARTING JUNE 2022

This no-cost, introductory course will be led by Dr. Lauren Piper, PhD, clinical neuropsychologist at Shirley Ryan AbilityLab and assistant professor at Northwestern University Feinberg School of Medicine, covering topics like:

- maintaining one's mental health and emotional well-being,
- dealing with cognitive and psychiatric symptoms of PD,
- managing fatigue and sleep-related challenges,
- building effective communication and partnerships, and more!

The course is divided into two separate sections, one tailored towards the earlier/milder stages of PD, and another for the later/more advanced stages of PD. If you are unsure which section you should join, our team can assist you in identifying the best fit.

COURSE SCHEDULE

One virtual 90-minute session per week for 10 weeks.

Early/Mild Stage PD

Tuesdays, 4:00 to 5:30 pm CST
June 21 to August 23, 2022

Late/Advanced Stage PD

Thursdays, 1:30 to 3:00 pm CST
June 23 to August 25, 2022

Register here: <https://bit.ly/Mindset-PD-Registration>

For any questions, reach out to smarchbanksralab.org or 312-238-7363.