



# Taking Charge of PD

## A 6-week *virtual* group program for people who are newly diagnosed with Parkinson's

For many, getting a new diagnosis of Parkinson's disease can feel overwhelming. There is a lot to process and learn. You are not alone in this journey! You are invited to join UNC Movement Disorders Center as we bring together a group of people with Parkinson's facing similar questions and experiences.

"Taking Charge of PD" is a new online program that aims to provide 1) tips & education on Parkinson's and on treatment & care options and 2) a space for hands-on, meaningful discussion, reflection, and connection. *This program is intended for individuals who have been diagnosed with Parkinson's disease in the last ~2 years.*

### For 6 weeks, each 1.5 hour-long session will be split between:

- Educational material (including Q&A) presented by Parkinson's-specialized interdisciplinary team members
- Group discussion facilitated by Parkinson's-specialized Clinical Social Worker
- It will also include brief "homework" to foster reflection and takeaways

### More details:

- While we recognize the challenge of finding dates & times that work for all, we ask that attendees participate in all 6 sessions and stay for the full 1 1/2 hours.
- This program will be hosted on the Zoom platform, which you can join online via computer, tablet or smart phone. Use of your video is not required but is recommended. It is not recommended to attend audio-only as it loses visual information and connection.
- It is expected and required that all attendees respect confidentiality and maintain privacy of all other participants and what is shared by participants.

### \*Registration\*

- Register by October 1st
- Space is limited
- Cost: \$30 per person (total); Payment due at time of registration
- Register online by clicking [here](#) (or go to [www.eventbrite.com](http://www.eventbrite.com) and search "Taking charge of Parkinson's" in the search tool bar at the top of the page)

### When:

**Mondays**

**Oct. 12 - Nov. 16**  
**4:00-5:30pm EST**

### For questions:

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(You do not need to be a patient of UNC to participate in this program!)