

Wellness Wednesday, August 18, 2021 – Additional Resources:

PowerPoint Presentation:

<https://www.parkinsonassociation.org/wp-content/uploads/2021/08/self-care-for-the-caregiver-5.pdf>

Recordings:

Link 1: https://us02web.zoom.us/rec/share/NV6NHR-EFSzDSCqIWG954lloUzssuA-XM8NzO6wEg79dAeBaJCOz2UJ10u-Ju_2.FUZPU4DSsPEAFdbd?startTime=1629314981000

Link 2: <https://youtu.be/pIPKB7cWcFA>