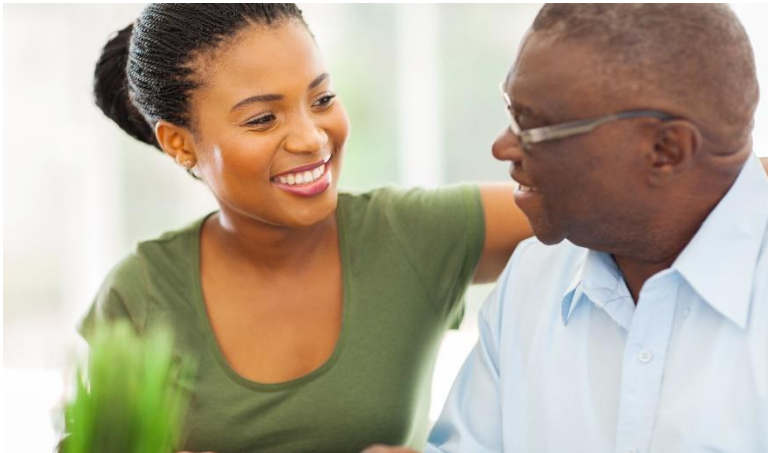


Mental Health and Parkinson's Disease

A guide for people with Parkinson's, their spouses & care partners.



Banner Sun Health Research Institute proudly presents ***Mental Health & Parkinson's Disease***, a new workshop focused on optimizing the mental health for people with Parkinson's disease and their care partners.

In each session our experts will help highlight how we can understand and improve our mental health, both for those living with Parkinson's and those caring for a loved one with the diagnosis.

The program will consist of six weekly workshop sessions. Each will be 60 – 90 minutes hosted by experts in their fields. Participants can expect to attend a lecture, paired with additional resources and interactive exercises to help improve mental health and quality of life.

Topics include Understanding Anxiety, Depression, Stress Management, Relaxation, Coping Skills, Nutrition, Exercise, and Sleep.

Classes are held weekly for six weeks starting at 1:00 pm on Jan. 19, 26, Feb. 2, 9, 16 and 23.

DATE

Weekly on Wednesdays
Jan. 19 - Feb. 23

TIME

1 – 2:30pm

LOCATION

Online via Zoom

**registration is required in advance to obtain Zoom access*

COST

Free

REGISTRATION

602-230-CARE (2273) or

www.BannerHealth.com/Calendar

QUESTIONS

Melinda.peterson-theobald@bannerhealth.com

or call 623-832-2046

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