

# Parkinson's Home Adaption and Exercise ~ Online Parkinson's Cafe

Date and Time

Wednesday 4/17/2024 10:00 to 11:30am

Event URL

[Register Here](#)

Event Region

Statewide

Event Type

Social event

Event Cost

\$0.00

Event Description

The Parkinson Social Network (PSN) sponsors the Online Parkinson's Cafe. This month we will discuss Parkinson's Home Adaption and Exercise. Join us on Wednesday, April 17, 2024, from 10 am until 11:30 am.

In this presentation, Ms. Gagnon will be talking about various adaptive equipment, self-care modifications, strategies to combat common symptoms, assistive devices, the importance of exercise, and the different components of exercise to include. Her objective is to give everyone a better understanding of how to improve the quality of life and independence in a person with Parkinson's disease by creating a safe environment for them to participate in most effectively. She will also highlight the importance of exercise to maintain their desired level of independence and how to get that exercise into their weekly routine safely and effectively.

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**Our Online Parkinson's Café** is an informal social alternative to support groups for those living with Parkinson's disease, caregivers, care partners, family members, and friends. We have different topics every month to help get the conversation started. To support our community, we host this café the Third Wednesday of each month at 10:00am-11:30am. You are welcome to come anytime and stay for as long as you can.

Event Image or Sponsor Logo

Image

