Do you or someone you know have Parkinson's disease?

JF&CS offers support:

**Therapeutic Programs**
- Dance and choral programs to exercise the body and voice
- Designed for participants of all levels

**Support Groups**
- For people with Parkinson’s, their care partners, and adult children
- Parkinson's education, self-management, networking

**Information & Resources**
- Learn from experts how to navigate the healthcare system, maintain independence, find caregiver support, facilitate home safety, and plan for the future.

Finally, I have found people who get what having and living with Parkinson’s is all about. - Sandy

To learn more, visit www.jfcsboston.org/parkinsons or contact Parkinson’s Family Support Director Anne Muskopf, MS, OTR/L at amuskopf@jfcsboston.org or 781-693-5069.