

# PARKINSON'S FAMILY SUPPORT



**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](http://www.jfcsboston.org/parkinsons) or contact Parkinson's Family Support Director Anne Muskopf, MS, OTR/L at [amuskopf@jfcsboston.org](mailto:amuskopf@jfcsboston.org) or 781-693-5069.