

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

JF&CS provides therapeutic exercise, information, resources, and a supportive community for people with Parkinson's and their families.

Therapeutic Programming

Dance and choral programs address the importance of exercising the body and the voice. Instructors use creative and therapeutic approaches, and activities are structured so that everyone can participate and be challenged at their own level.

Support Groups

Our groups create caring communities for people with Parkinson's, for care partners, and for adult children. Our many support groups provide Parkinson's education, tools for PD self-management, opportunities for networking, and strategies and support for family members.

Information and Resources

JF&CS provides resources and experts who understand Parkinson's disease to help:

- Navigate the healthcare system
- Maintain independence
- Find caregiver support
- Facilitate home safety
- 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.