

PD RESOURCE ROUNDUP

Virtual Edition

Online Education & Classes to enhance your life with Parkinson's Disease



AMERICAN PARKINSON'S DISEASE ASSOCIATION

The APDA has a combination of exercise, art, singing, dance, and tai chi classes as well as frequent live and recorded educational talks for families and professionals.

PARKINSON'S FOUNDATION

The PF has a robust PD Library and resource page with resources for all aspects of life with PD. You can also access the PD Health @ Home initiative with live virtual exercises and educational opportunities.



DAVIS PHINNEY FOUNDATION

The DPF has virtual webinars, educational events, and resources for people with PD. The topics are organized nicely at the bottom of the resources page for easy access.

Click any underlined text to link to the website described



MICHAEL J. FOX FOUNDATION

The MJFF has webinars, blogs to read, and previous conferences to access. They also have a Buddy Network to connect you with others with PD as well as employment info, advocacy, and research opportunities.

BRIAN GRANT FOUNDATION

The BGF has great resources for nutritional information, recipes and ideas for incorporating healthy living into your lifestyle.



LOCAL PD FOUNDATIONS

Your local PD foundation will have many resources to help you connect to local support and exercise groups as well as experts in your area. Search "Parkinson Foundation [your state name]" should direct you to resources in your area.

Click any underlined text to link to the website described



POLARIS SPEECH
& NEUROLOGICAL REHABILITATION