



Parkinson's 101

This class is intended for adults living with Parkinson's, their families, and support people.

There will be time for you to ask questions after a 45-minute presentation that talks about:

- What Parkinson disease is and how it is diagnosed.
- Motor and non-motor symptoms.
- Support options available.

Class Type	Date	Time	How to Register
Online	Thursday, January 25	Sessions starting at 10:00 AM and 6:30 PM on each date listed.	Call 1-800-561-1911 Hosted by the Parkinson Association of Alberta
	Thursday, February 29		
	Thursday, March 28		
	Thursday, April 25		
	Thursday, May 23		
	Thursday, June 27		
	Thursday, July 25		
	Thursday, August 29		
	Thursday, September 26		
	Thursday, October 31		
	Thursday, November 28		

For more information and support about living with Parkinson Disease and Parkinson's Plus Syndrome, reach out to the [Parkinson Association of Alberta](#) or contact 1-800-561-1911.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Join our e-mail distribution list](#) to receive the newsletter and other updates for the Alberta Healthy Living Program – Calgary Zone.



Updated February 5, 2024

