



# Parkinson’s: Planning for the Future with Movement Disorders

This class is intended for adults living with Parkinson’s and other movement disorders, and for their families, and support persons.

The session will talk about:

- Defining advanced care planning.
- Reviewing documents for advanced care planning related to personal and health care decisions to ensure your wishes are known.
- Discussing end of life care.
- Reviewing supports available for advanced care planning.

Class Type	Date	Time	How to Register
Online	Monday, April 8	10:00 a.m. – 11:30 a.m.	Call 1-800-561-1911 Hosted by the <a href="#">Parkinson Association of Alberta</a>
	Wednesday, July 24	10:00 a.m. – 11:30 a.m.	

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.

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