

PD SELF®

Parkinson's Self-Efficacy Learning Forum **Fall 2021**

Are you newly diagnosed with Parkinson's Disease?

PD SELF is a free 4-month virtual education program for people diagnosed with Parkinson's in the last three years and their care partners

Explore a scientifically proven program that helps you manage your disease and transforms lives through the power of self-efficacy

Learn and gain support from your fellow participants through small group discussions

A computer or tablet with wifi is all you need. Experience with videoconferencing not required

Presented on Zoom.
Facilitated by health professionals
and PD patient graduates

Thanks to the generosity of
our past graduates and
others, this program is free

PD SELF HOUSTON

Register Now!
Classes start
September 1st

REGISTER BY
August 20th at
pdself.org
or email/call

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