



MENTAL HEALTH SERIES

Emotional Wellness

Presented by Meredith Roberts Lo, DPT with Parkinson's Pointe

Topics include:

- How living with a chronic disease impacts the individual's journey, family dynamics, and relationships dynamics
- Reflecting on coping styles
- Grief and loss
- Understanding how illness plays into a family system and what that means
- Executive dysfunction and how it plays into family dynamics
- Caregivers will be included and invited to participate in all these sessions with breakout small groups divided into Care Partners and People With Parkinson's

Format: 6-week series with each week building on prior sessions

Length: 90 minutes with a combination of lecture and small group activity/learning

Location: Both in-person and virtual sessions are available



✦ **SEPT. 7- OCT. 12, 2023** ✦
1:00 - 2:30PM

register at:
parkinsonspointe.org/wellness