

FREE "LIFE-CHANGING" 8-WEEK COMPASSION TRAINING



Who is this course for?

All caregivers or those with Parkinson's disease.

The course trains caregivers (professional, family members, or friends) to respond differently to the challenges of caregiving through learning and meditation techniques.

DATES: January 10th – February 28th, 2024

WHEN: Wednesday Afternoons 1-3pm

WHERE: Veterans Memorial Senior Center
1455 Madison Avenue, Redwood City, CA 94061

SIGN UPS: Call (650) 368-7732

Please visit adaptivepevmcsc.org for our current offerings.

The course is FREE due to a generous community grant from the PARKINSON'S FOUNDATION.

