



FREE COMPASSION TRAINING

The Adaptive Physical Education Program is presenting an 8 week **Compassion Training Course** for all caregivers or those with Parkinson's disease. The course is free due to a generous Parkinson's Foundation grant. The course trains caregivers (professional, family members, or friends) to respond differently to the challenges of caregiving. This is done through learning and meditation techniques. Those who have completed the training, report that it is a "life-changing" experience and extremely beneficial to their work. If you know of someone that could benefit from this program please pass on this information.

DATES: Spring 2020—days/times to be determined

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

SIGN UPS: Call (650) 368-7732 (Adaptive Physical Education) to be put on the list if interested