



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 community grant from the **PARKINSON'S FOUNDATION**.

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: 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 (Adaptive Physical Education)