

Parkinson's 101 Education Series



The Parkinson's Association of Alberta offers free sessions about, or related to life with, Parkinson disease and Parkinson's Plus Syndromes. The sessions are offered online and are open to anyone.

For session dates and times, visit [Parkinson Association of Alberta](https://www.parkinsons.ca) or call 1-800-561-1911.

- **PD 101**
 - An introduction to Parkinson disease
- **Parkinson's Plus Syndromes (Atypical Parkinsonism) 101**
 - An introduction to Parkinson's Plus Syndromes
- **Care Partner 101**
 - An introduction to Parkinson's from a care partner perspective
- **Adult Children 101**
 - An introduction to navigating the Parkinson' journey with a parent
- **Advanced Treatment Options 101**
 - An introduction to Parkinson's surgical and alternative medication delivery systems
- **Advance Care Planning 101**
 - An introduction to advance care planning for Parkinson's
- **Government Resources 101**
 - An introduction to government resources and benefits
- **Home Care 101**
 - An introduction to understanding home care access and options
- **Housing Transitions 101**
 - An introduction to navigating housing transitions
- **Parkinson's Medications 101**
 - An introduction to Parkinson's medications
- **Speech & Swallowing 101**
 - An introduction to Parkinson's speech & swallowing issues

For more information or support about living with Parkinson Disease and Parkinson's Plus Syndromes, visit [Parkinson Association of Alberta](https://www.parkinsons.ca) or call 1-800-561-1911.

[Join our e-mail distribution list](#) to receive the newsletter and other updates for the Alberta Healthy Living Program – Calgary Zone.



Updated December 13, 2024



Alberta Healthy Living
Program

