

# APDA Thriving Through Mindfulness

## *Meditation for Young-Onset Parkinson's Disease*

A FREE four-week workshop specifically designed for people living with young-onset Parkinson's disease (YOPD) and their care partners.

**This interactive mindfulness series offers practical tools to reduce stress, improve focus, and reconnect with your body. Through guided meditation and breathwork in a supportive group practice, you'll learn:**

- Research and potential benefits of practicing mindfulness and meditation
- Ways to meditate and practice breathwork
- Qualities of mindfulness
- Awareness of thoughts
- The relationship between the autonomic nervous system and stress
- *And more!*

**No prior experience with mindfulness or meditation is needed.**

**Tuesdays  
May 19 to June 9  
5:30 to 6:30 PM ET**

*A virtual program (via Zoom)*

**Facilitator:** Sharon Gutterman, PhD,  
Mindful Wow

**To register,**  
email [sharon@mindfulwow.com](mailto:sharon@mindfulwow.com)  
with the subject line "YOPD." Please  
include the following in your email:

- Your name
- Email address
- Phone number