



# APDA Parkinson's Good Start™

A two-part **virtual program** for people within three years of a Parkinson's disease (PD) diagnosis and their family members. Education and support at this key stage can empower you to better navigate and thrive in the journey ahead. In this overview of PD, learn about:

- Building your healthcare team
- Exercise, physical therapy, and other treatments
- Common symptoms (mobility, sleep, constipation)
- Medication management
- Coping strategies for living with PD
- Community resources

Speakers include a movement disorder neurologist, physical therapist, social worker, and other Stanford healthcare professionals.

We welcome anyone in Northern and Central California, whether being seen at Stanford or not.

Join us online for  
**Two Thursdays**  
**June 18 and**  
**June 25, 2026**  
6-7:30pm

**RSVP by June 11**  
**for the meeting link**

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*To encourage open discussion,  
we will not be recording  
this program*



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*Strength in optimism. Hope in progress.*