

APDA Thriving Through Mindfulness

Meditation for Parkinson's Disease

A FREE four-week workshop specifically designed for people living with Parkinson's disease (PD) 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

June 16 to July 7

4:00 to 5:00 PM ET

A virtual program (via Zoom)

Facilitator: Sharon Gutterman, PhD,
Mindful Wow

To register,
email sharon@mindfulwow.com
with the subject line "PD
Mindfulness." Please include the
following in your email:

- Your name
- Email address
- Phone number