

Smart Patients is a forum for people with Parkinson's, their care partners, and families to interact in a safe, supportive environment. Get information from patients who are going through a similar journey with PD. Learn about Parkinson's and community resources to help you proactively live a full life with PD.

## Learn more:

www.smartpatients.com/apda



I have just been diagnosed.

Which exercises will help my symptoms?

Support for care partners, like me?

I'm depressed. What can I do?

The American Parkinson Disease Association is proud to partner with Smart Patients, where people with Parkinson's, their care partners, and families learn from and support each other.

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Advancing medicine, one story at a time.