

Managing Parkinson's:

RESOURCES AND SUPPORT

Parkinson Society of Southwestern Ontario and **Parkinson Canada** are two notable organizations that offer a range of programs and services to support Canadian's living with Parkinson's Disease and their families.

Resources



Exercise & Wellness

Various exercise programs and classes held to improve overall well-being and quality of life.



Conferences & Webinars

Educational presentations conducted to enhance one's knowledge and understanding of Parkinson's Disease.



Research

Fund, advance, and disseminate innovative research in the field of Parkinson's Disease.



Newly Diagnosed Series



Counselling Services



Louder, Clearer: A Parkinson's Voice Training Program



Podcasts



Educational Publications



Act on Time Program

Support

Regional support groups across Canada provide a safe, confidential, and positive environment for individuals to connect with other members of the Parkinson's community.

