



Understanding Parkinson's Disease

For the Newly Diagnosed

Mid Coast Hospital offers many programs to aid people with Parkinson's Disease and assist in maintaining their quality of life.

To learn more about your diagnosis and the options available, join **William P. Stamey, MD, Grace Plummer, LCSW, Tina Phillips, PT**, and a patient and caregiver panel at this informative discussion.

February 20, 2019, 3-5p.m.

Mid Coast Center for Community Health & Wellness

329 Maine Street—SOUTH ENTRANCE, Brunswick, Maine 04011

For more information about these programs, call (207) 373-6585

www.midcoasthealth.com/wellness

TOPICS INCLUDE:

- Parkinson's diagnosis
- Medications
- Emotional issues
- Quality of life
- Caregiver concerns
- Movement and assistance
- Programs and resources