

MY CARE TO TAKE CARE

Research Study

JOIN US!

***For 4-weeks of music therapy
and mindful movement sessions delivered
online for care partners of those with
Parkinson's Disease who live in Eastern
North Carolina***

You may qualify if you:

- Provide care/assist an adult (18+) diagnosed with Parkinson's disease, for at least 5 hours/week for past 3 mo.
- **Live in Eastern North Carolina**
(within the 41 counties east of I-95)



**SCAN FOR
ELIGIBILITY &
Program Dates!**

EMAIL for info:

mycaretotakecare@gmail.com



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community grant from the Parkinson's
Foundation*