



We are pleased to invite family caregivers to a special presentation:

Living with Parkinson's: Importance of Positive Emotions

Janet Edmunson, MEd

President & CEO, JME Insights

Speaker & Author of *Finding Meaning with Charles*



Research in positive psychology demonstrates that we can adopt a healthier thinking style that fosters strength, creativity, and resilience. Janet explores this exciting research as it applies to the emotional health of care partners. She uses science, personal stories from her life while dealing with her husband's atypical Parkinsonian disorder, and hands-on workshop activities to explore positive ways to get through this challenging life experience.

Spaulding Rehabilitation Hospital Cape Cod
311 Service Road, East Sandwich, MA 02537

Thursday, November 6, 2014
4:30 to 7:00pm

Buffet supper will be served.

Reservations are required for this event. To RSVP, contact the American Parkinson Disease Association Information & Referral Center at (800) 651-8466 or information@apdama.org.
This program is designed for family caregivers.



To learn more about the Parkinson Support Network of Cape Cod, visit
www.parkinsoncapecod.org.

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Directions

From Mid, Lower, and Outer Cape:

Rte. 6 West to Exit 3, Quaker Meeting House Road. Left at end of ramp. Pass highway exit ramp. Take first right onto Service Road. SCC is .5 miles on left.

From Falmouth:

Rte. 28 South from Falmouth Center towards Mashpee. At Mashpee rotary, continue straight (second right) on Rte 28 South for another two miles. At traffic light at intersection of Rte. 130, turn left onto Rte. 130. Follow Rte. 130 approximately 9 miles. Take right onto Service Road (just before reaching MidCape Highway access ramps). SCC is 1.5 miles on the right.

From Plymouth, Points North:

Follow Rte. 3 South towards Cape Cod. Cross Sagamore Bridge onto Rte. 6 East. Take Exit 3, Quaker Meeting House Road. Bear right off ramp. Take an immediate right onto Service Road. SCC is .5 miles on the left.

From Boston:

Rte. 93 South (Southeast Expressway) to Braintree. Watch for signs to Rte. 3 South - Cape Cod. Follow Rte. 3 South towards Cape Cod. Cross Sagamore Bridge onto Rte. 6 East. Take Exit 3, Quaker Meeting House Road. Bear right off ramp. Take an immediate right onto Service Road. SCC is .5 miles on the left.

From Points West:

Follow Rte. 495 South until it becomes Rte. 25. Continue on Rte. 25 to Bourne Bridge. Go 3/4 around rotary, following signs to Rte. 6A. Follow Cape Cod Canal several miles. At first traffic light, turn right onto Rte. 6 East. Take Exit 3, Quaker Meeting House Road. Bear right off ramp. Take an immediate right onto Service Road. SCC is .5 miles on the left.