



SCHOLARSHIPS FOR PARKINSON'S CLASSES

Due to a very generous grant from the Parkinson's Foundation, there are scholarships available for all five Adaptive Physical Education's Parkinson's classes. The scholarships include anyone for whom the class fee is a hardship and any caregivers interested in taking the class. However, there must be room available in the class.

Please talk to a staff member in the Adaptive PE office in the Wellness Building to make the arrangements. If you know of someone that could benefit from this program please pass on this information.

SCHOLARSHIPS FOR COMPASSION TRAINING

In early Fall 2019 Adaptive Physical Education will be presenting an 8 week Compassion Training Course for all caregivers. The course is free due to the Parkinson's Foundation generous grant. It will meet for two hours once a week. The course work trains caregivers (professional, family members, or friends) to respond differently to the challenges of caregiving. This is done through learning and meditation techniques. Those who have completed the training, report that it is a "life-changing" experience and extremely beneficial to their work.

Please contact Adaptive Physical Education to sign up:

Located at: Veterans Memorial Senior Center, Wellness Building
1455 Madison Avenue
Redwood City, CA 94061
(650) 368-7732 (ph)
(650) 350-3249 (fax)
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