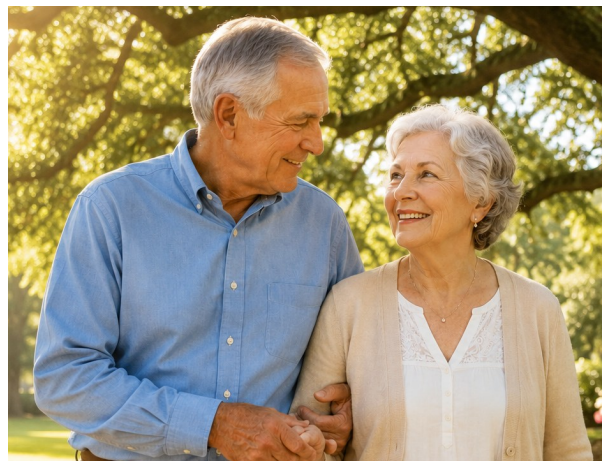




## Understanding Parkinson's: Knowledge, Hope, and Practical Support

**Friday, August 14, 2026  
From 2:00 PM to 3:30 PM**

### SEMINAR OVERVIEW

The program will discuss evidence-based approaches that may help manage symptoms, maintain function, improve quality of life, and potentially slow progression through exercise, therapy, medication, and supportive care.

This Seminar Welcomes Anyone Whose Life Has Been Touched by Parkinson's.

- People living with Parkinson's
- Newly diagnosed individuals
- Caregivers and family members
- Healthcare professionals
- Anyone seeking education, support, and practical resources

**Learn About Local Neuro Challenge  
Parkinson's Support Groups**

**Seating is Limited!**  
**To RSVP Call (941) 955-9099**  
**Or Go to AldermanOaks.com**

### PROGRAM PRESENTERS

Join us for an informative and encouraging seminar featuring Neuro Challenge Team Speakers. Learn about Parkinson's disease, practical caregiving strategies, available community resources, and ways to improve quality of life for those living with Parkinson's.



**April Spagnuolo-Moschini**  
**Program Director**  
**Neuro Challenge**  
**NeuroChallenge.org**



**Mary Bennett, Owner**  
**Amada Senior Care**  
**Neuro Challenge Ambassador**  
**AmadaSeniorCare.com**

**Alderman Oaks Retirement Center • 727 Hudson Ave., Sarasota, FL 34236 • #AL8979**