

Strength through greater understanding and mutual support.

Find your strength.



**SPAULDING**<sup>™</sup>  
REHABILITATION HOSPITAL  
CAPE COD



# Healthy Mindset

## Parkinson's Disease Program

The Healthy Mindset Parkinson's Disease (PD) Program is designed to facilitate greater understanding, support overall adjustment and enhance quality of life for persons with PD and their partners. The program seeks to educate participants about the common psychosocial aspects of PD and to promote healthy mindset strategies that enhance wellbeing, even in the face of illness.

Healthy Mindset, offered in collaboration with the Parkinson's Center for Comprehensive Care at Spaulding Cape Cod, is a unique program for patients and their partners:

- Separate Groups for Patients and Care Partners
- One-Hour Group Sessions; Ongoing Every Other Week
- Understand Common Psychosocial Aspects of PD
- Discuss Positive Strategies for Increased Quality of Life
- Initial Evaluation Required for Patients and Partners
- Health Insurance May Cover a Portion of the Program



**Program Director:**

John Allen, PhD, Health Psychologist, Spaulding Cape Cod

Dr. Allen specializes in the emotional and psychological impact of Parkinson's disease.

For registration, program schedule and other information, please call 508.833.4141.



[www.spauldingrehab.org](http://www.spauldingrehab.org)