

Calling Philadelphia Women with Parkinson's Disease



WHY SPEND THE PANDEMIC ALONE?

JOIN OUR TELEPHONE WORKSHOP SERIES

Free for low-income adults ages 50+

- **Confidential sharing**
- **Learn ways to manage stress**
- **Increase your communication skills**
- **Improve relationships with family and friends**

FOR MORE INFORMATION CONTACT PATTY DAVIS, LCSW

pattydavis@sown.org or 215-487-3000 ext. 25



Funded by the Pew Charitable Trusts PHL COVID-19 Fund