ADJUSTING TO YOUR PARKINSONS DIAGNOSIS
ONE WOMAN’S JOURNEY
WHO IS KAREN TALCOTT?
Feb. 8, 2011
6 THINGS I’VE LEARNED

1) Be Proactive
2) Build your support system
3) Get Involved
4) Exercise, Exercise, Exercise
5) Live each day with Intent
6) Find your sense of humor
REFUSE TO LOSE