

FOR IMMEDIATE RELEASE
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Stopping Parkinson's In Its Tracks..... Patients & Caregivers Receive Virtual Help.

"You May Have Parkinson's But Parkinson's Does Not Have To Have You" A new and FREE tele course series begins on Thursday Feb. 11th 2016. This virtual caregiving series will help patients learn how to beat and delay the physical effects of Parkinson's Disease. The program will run for several weeks between February and April 2016. There is no need for patients and their family members to leave their home and travel to a seminar location. All they have to do is grab a pen, a note book, a great cup of tea, hop on a comfy couch and then dial into a tele course hotline to join other patients and caregivers all over the world in learning about Parkinson's and caregiving.

Why would Caregiver Relief Network give away such a valuable service? It's simple says Stella Nsong the state director of the Ohio elder care planning council and CEO of the Caregiver Relief Network. People who live in Ohio have a 13% higher chance of being diagnosed with Parkinson's disease than people who live in other states. Also, many people do not know that a patient can beat and delay the physical symptoms of Parkinson by doing 5 very simple things. There are resources and there is help but many people do not know where to turn to when the diagnosis is made.

There are no hidden catches to this service. The only thing people need to do is log onto www.CaregiveReliefNetwork.com and click "join the network" to the top right hand corner of the home page. It is totally free to become a "lamplighter" member. Next they will receive an email with the tele course dial in numbers, date and times.

Other future tele course by the Caregiver Relief Network include:

- How To Improve the pattern and quality of your sleep.
- How to fight depression with less meds and better results.
- How to get the government to pay family caregivers
- How to survive a hospital or rehab stay.

The Caregiver Relief Network is a division of the CAREgiving Institute a 501 c 3 agency located in Painesville Ohio whose mission is to provide resources and options for today's and tomorrow's elderly. CEO, Stella Nsong works with families who do not stress of caregiving but at the same time, want to see their aging loved ones thrive outside of the nursing home.