



You don't have to **do this alone.**

Parkinson's touches every part of daily life — and so does caring for someone who has it. The Club is a free community built to help with both.

WHY PEOPLE JOIN

- **Connect with people who get it**
Talk with others living with Parkinson's and care partners who understand exactly what you're facing.
- **Track symptoms day to day**
Log how you're doing between appointments, so patterns don't get lost or forgotten.
- **Walk into your next appointment prepared**
Generate a report from your tracking to share with your doctor — real information, not guesswork.
- **Get answers and support anytime**
Ask questions, share what's worked for you, and find encouragement from people who understand.



SCAN TO JOIN — IT'S FREE

club.dolifetoday.com

More information: dolifetoday.com/theclub

Apple App Store

Google Play

Microsoft Store

THE **CLUB**

— DOING LIFE TODAY —