

Parkinson's Coach Available

Sometimes, when living with a chronic illness, what we need is someone who will get us motivated to get back into the game of life, someone who helps us create new options for ourselves, who listens and advises us based on experience, wisdom and knowledge from their own life challenges.

THAT SOMEONE IS ME! I am now offering individual COACHING for those navigating life with Parkinson's (PD), either personally or as a caregiver to someone with PD.

I have over 11 years of experience caregiving to someone with Parkinson's, facilitating PD support groups and engaging with doctors, pharmaceuticals, and other community resources.

Having a COACH by your side helps you develop a structure to stay on track, get results and create a full life while living with Parkinson's, either personally or as a caregiver

LET'S GET YOU LIVING YOUR BEST LIFE!

Contact Karen St. Clair at kastclair@gmail.com