A small talk about a BIG SUBJECT

ATTITUDE IS EVERYTHING

A small talk about a BIG SUBJECT
Empowerment for Parkinson’s

Dee Silver, M.D. and Wayne Label, PhD
Welcome

Sherrie Gould, N.P.
Attitude is Everything

Stephanie Lessig, M.D.
The Importance of Physical Activity and Movement

Melissa Houser, M.D.
Sleep Disorders Associated with Parkinson’s

Erin Walsh
LSVT LOUD; Loud and Clear Speech

Joanne Hamilton, PhD
Caregiver Support Session and
The Neuropsychological Aspects of Parkinson’s

Lindsay Zehran, MT-BC
The Benefits of Music Therapy

Yvonne Amrine, Esq.
Taking Control: The Legal Documents you need to remain in control of your future.

John Miller
Rock Steady Boxing

Performance by The Tremble Clefs

Andres Bratt-Leal, PhD
The New News in Stem Cell Research

Danica Edelbrock, M.S
Yoga, Meditation and the Balance of Exercise and Life

Robert Bonakdar, M.D.
Integrative Modalities to Improve Symptoms

Nelson Hwyen, D.O.
What is Down the Parkinson’s Pipeline; New Research and Treatments

Kathy Grimsby, Physical Therapist
LSVT BIG: Get Moving

MARINA VILLAGE
1936 QUIVIRA WAY, SAN DIEGO, CA 92109

FRIDAY,
DECEMBER 1, 2017

Empowerment for Parkinson’s

Sponsored by ACADIA Pharmaceuticals

EMPOWER: MIND: BODY: SOUL
One Day at a time
One Moment at a time
Focus on the present
Stay away from the “what if’s”
Attitude about your medications
You are NOT Alone!
Exercise + Attitude = Success
Exercise like your life depends on it...because it does!!!
Off DBS (pre-exercise)
WHEN I LOST
ALL OF MY
EXCUSES
I FOUND
ALL OF MY
RESULTS
EVERY SINGLE DAY!
NEVER GIVE UP!
EVER, EVER, EVER, EVER, EVER, EVER, EVER,
EVER, EVER, EVER, EVER, EVER, EVER, EVER,
EVER, EVER, EVER, EVER, EVER, EVER, EVER,
EVER, EVER, EVER, EVER, EVER, EVER, EVER!
OKAY?
Karen Salmansohn, notsalmon.com
Thank You

Sherrie Gould MSN, NP-C
Scripps Clinic