

ATTITUDE IS

EVERYTHING

A small talk about a
BIG SUBJECT



CONGRATULATIONS
YOU ARE NOW AT

UHURU PEAK, TANZANIA, 5895M. AMSL

AFRICA'S HIGHEST POINT
WORLD'S HIGHEST FREE STANDING MOUNTAIN

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 Hwynn, D.O.
*What is Down the Parkinson's Pipeline;
New Research and Treatments*

Kathy Grimsby, Physical Therapist
LSVT BIG: Get Moving

**EMPOWERING YOU
THROUGH KNOWLEDGE
AND PHYSICAL
MOVEMENT.**

MARINA VILLAGE
1936 QUIVIRA WAY,
SAN DIEGO, CA 92109

**FRIDAY,
DECEMBER 1, 2017**



**PARKINSON'S
Association
of San Diego**







Live your life

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





ADVICE

HELP

TIPS

SUPPORT

ASSISTANCE

GUIDANCE

you are NOT

ALONE!



EXERCISE

PHYSICAL

WELLNESS

MOTION

HEALTH

ATHLETIC

MUSCLES

FITNESS

NUTRITION

CLASSIFICATION

LOWERING

INDIVIDUALS POPULATION ENDURANCE JOB

INCLUDE

SWIMMING

ANAEROBIC ECCENTRIC

PHYSICALLY

GENERALLY

PROMOTING ENH

TEXTBOOKS RES

THICKNESS VIGOROUS

REACTION MOBILITY

IC OFFICERS

Exercise like
your life
depends on it

...because it does!!!





Off DBS
(pre-exercise)

Dr. Albers
Cleveland Clinic

**WHEN I LOST
ALL OF MY
EXCUSES
I FOUND
ALL OF MY
RESULTS**



Just Do Something
— EVERY DAY —

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!

OKAY?

Karen Salmansohn, notsalmon.com

Thank You

Sherrie Gould MSN, NP-C

Scripps Clinic

