



Empowerment Day Agenda November 29, 2023

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| 7:30 | 8:30 | Check-in Open | |
| 8:30 | 8:55 | Welcome / Intro's / Live Well Proclamation | Marty Acevedo, M.S., R.D. |
| 8:55 | 9:05 | Overview of Parkinson's Disease | Nelson Hwynn, D.O. |
| 9:05 | 9:20 | Emotional/Mental Well Being | Jonathan Schwartz |
| 9:20 | 9:35 | Exercise / Treks | Sherrie Gould, N.P. |
| 9:35 | 9:55 | Non-Motor Symptoms | Katie Longardner, M.D. |
| 9:55 | 10:15 | Overview of PD Medications | Brenton Wright, M.D. |
| 10:15 | 10:45 | BREAK AND EXHIBITS | |
| 10:45 | 11:05 | Deep Brain Stimulation | Adam Burdick, M.D. |
| 11:05 | 11:25 | Advanced Therapeutics | Justin Nowell, M.D. |
| 11:25 | 11:45 | PANEL | MDS |
| 11:45 | 11:55 | Value of Joining a Support Group | Paul Dawson |
| 11:55 | 12:00 | Value of Joining Tremble Clefs | Matt Ignacio |
| 12:00 | 1 :00 | LUNCH and EXHIBITS | |
| 12:30 | 12:50 | Performance | Tremble Clefs |
| 1:00 | 2:00 | BREAKOUTS | |

| Breakout Room _____ | Breakout Room _____ | Breakout Room _____ |
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| 1:10-2:20, Care Partners with Joanne Hamilton, Ph.D. | 1:10-1:35, Exercise and PD with Kristine Negrete, DPT and Meagan George, PT,DPT, NCS | 1:10-1:30, Be Your Own Best Advocate with Andrea Lee, P.A. |
| | 1:35-1:55, LSVT Big & Loud and Speakout with Erin Walsh, S.L.P. | 1:30-1:50, Genetic Testing Pros and Cons with David Coughlin, M.D. |
| | 1:55-2:20, Ballroom Dancing with Erin Drake | 1:55-2:20, Interview potential mentors for The Mentor Program, Jeff Seckendorf |

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| 2:20 | 2:40 | Alternative Medicine | Stephanie Lessig, M.D. |
| 2:40 | 3:00 | Gut Brain Connection / Microbiome | Marty Acevedo, M.S., R.D. |
| 3:00 | 3:10 | Rock Steady Boxing | Mike Reeder, Teresa Hodge |
| 3:10 | 3:35 | Research and Future Pipeline in PD | Zach Rosensweet, D.O. |
| 3:35 | 3:45 | Yoga | Danica Edelbrock, M.S. |
| 3:45 | 3:50 | Closing Remarks | Marty Acevedo, M.S.,R.D. |