



# PASD's Good Start Program

Scheduled Live for Tuesday, March 5, 2024

The **Parkinson's Association of San Diego** is hosting its next "**Good Start Program**" seminar on Tuesday, March 5<sup>th</sup>, 2024 from 1 p.m. to 3 p.m. (check-in at 12:30) **at the First United Methodist Church, 2111 Camino Del Rio South, San Diego, CA 92108.**

The seminar is a two-hour session followed by Q&A and is designed for newly diagnosed people with Parkinson's, their care partners, and individuals who would like to update their knowledge base of PD. It will feature:

- **Dr. Brenton Wright**, Movement Disorders Neurologist and Medical Advisor to PASD
- **Marty Acevedo**, Registered Dietitian
- **Kristine Negrete**, DPT, NeuroLab360
- **Irene Miller**, Fallbrook Support Group Team Leader
- **Chris Buscher**, PASD Executive Director

Specific topics will include maintaining a positive attitude; understanding Parkinson's, choosing a physician, common medications, care partners, importance of exercise and nutrition, benefits of physical exercise, occupational, speech and music therapies, research, support groups, the PASD Mentor Program, and other available resources.

There is no cost to the participants, Representatives from support groups and Tremble Clefs will also be in attendance to assist attendees who would like to join.

The seminar will be audio recorded, synced with the 70+ powerpoint slides and will be available on the PASD website at a future date.

**Date: Tuesday, March 5<sup>th</sup>, 2024**

**Time:** Check-In 12:30 p.m. Program 1:00 p.m. to 3:00 p.m. (followed by Q & A)  
Light refreshments provided. Please register by March 1.

**Directions & Parking Information:** Will be provided to attendees after registration is received.

Register at [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org) or download the mail-in form or call 858-999-5671.