



## PASD's Good Start Program

Wednesday, August 6, 2025

1:00 to 3:00 pm

Educational seminar for newly diagnosed Parkinson's patients, care partners, and families

**Parkinson's Association of San Diego** is holding its 18<sup>th</sup> edition of its "**Good Start Program**" on Wednesday, August 6th, **from 1 p.m. to 3 p.m.**

This program is hosted and sponsored by Sharp HealthCare, 8695 Spectrum Center Blvd, San Diego, CA 92123. The program will be on the 4<sup>th</sup> floor board room of Sharp Prebys Innovation and Education Center (SPIEC).



Speakers include **Dr. Brenton Wright**, Movement Disorder Neurologist and Medical Advisor to PASD; **Marty Acevedo**, RDN, PASD Board President; **Jessie Agrimas**, DPT, PASD Board member and NeuroLab 360 President; **Irene Miller**, Fallbrook Support Group Team Leader and **Chris Buscher**, PASD Executive Director.

Specific topics include the importance of developing a positive attitude; an overview of Parkinson's and best practice for management of symptoms; coping skills for care partners; importance of exercise & nutrition; benefits of physical, occupational, speech and music therapies; a research update; and information on San Diego County Support Groups, the PASD Mentor Program, along with an overview of other additional resources. **Individuals who would like to update their understanding of Parkinson's are also more than welcome to attend.**

There is **no cost** to the participants. Representatives from Sharp, San Diego County Support Groups, Tremble Clefs, PASD's Mentor Program, and pharma companies will be in attendance with information for attendees.

The session will be audio recorded, synced with the 70+ PowerPoint slides and will be posted on the PASD website at a future date.

[www.parkinsonsassociation.org](http://www.parkinsonsassociation.org)

#### Seminar Details

**Date:** **Wednesday, August 6<sup>th</sup>, 2025**

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

**Location:** **Sharp Prebys Innovation and Education Center**  
8695 Spectrum Center Blvd, San Diego, CA 92123

**Directions & Parking and additional information:** Will be provided to attendees after registration is received.

***[Details in RSVP: Ample parking available. Program will be on 4<sup>th</sup> floor board room of Center.  
Host will direct guests to access elevators.]***

**Registration is required by 7/30/2025**

Please go to [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org) to register online or download the form and send it in to:

**Parkinson's Association of San Diego**  
**P.O. Box 1633**  
**Solana Beach, CA 92075**

**Email:** [info@parkinsonssociation.org](mailto:info@parkinsonssociation.org)

**or call 858-210-5674.**

**Thank you!**