This event is made possible thanks to a grant from the Park Foundation.

We’re grateful to our sponsors! Thank you!

For overnight reservations, please contact the Ft. Magruder Hotel directly at 757-220-2250 & ask for the reservation desk. Use the event code PD2017 for a special nightly rate of $129 plus applicable taxes.

Online hotel registration is available at https://reservations.travelclick.com/98400?groupID=1902548

For people and families living with Parkinson’s:
- Educational presentations
- Breakout Sessions
- Exhibits & networking
- Includes light breakfast, lunch and afternoon refreshments

DEADLINE TO REGISTER: SEPT. 30

Sponsor list as of July 21, 2017

Hampton Roads Chapter
4560 Princess Anne Road
Virginia Beach, VA 23462-7905
757-495-3062
www.hrparkinsons.com
apdavirginia@apdaparkinson.org

Richmond Metro Chapter
P.O. Box 70283
Richmond, VA 23255-0283
804-798-8509
kmorton@wcrichmond.org
APDA Virginia Education Day Schedule

8:30-9:15 am  Registration and Continental Breakfast/Visit Exhibits
9:15-9:45 am  Welcome - Don Bradway, APDA Hampton Roads Chapter President
               Kathy Morton, APDA Richmond Chapter President

9:30-10:30 am  Movement Disorder Neurologists Panel - Theme: Journey with Parkinson's: The Fundamentals
               Facilitator: Debbie Dellinger, MSN, ACNP-BC-Nurse Practitioner, McGuire VAMC, Richmond
               Jonathan Butler, MD - Movement Disorder Specialist, Riverside, Newport News
               Karen Thomas, DO - Movement Disorder Specialist, Sentara, Virginia Beach
               Jonathan Snider, MD - Movement Disorder Specialist, VCU Parkinson's & Movement Disorders Center, Richmond
               Ann Perkins - Person with Parkinson's, member APDA Hampton Roads Chapter

10:30-10:45 am  Break

10:45-11:45 am  Breakout Session One
               □ 1A Treatment
                  TOPIC: "Neurosurgical Options: All Things Surgical for PD"
                  PRESENTER: Dr. Kathryn Holloway, neurosurgeon PADRECC & VCU; Binit Shah, MD, Movement Disorder Neurologist, University of Virginia
               □ 1B Therapy/Exercise/Wellness
                  TOPIC: "Yoga Therapy for PD"
                  PRESENTER: Dilip Sarkar, MD, President, Board of Directors Int'l Assoc. of Yoga Therapists; EVMS retired professor
               □ 1C Caregiving
                  TOPIC: "How Mood, Behavior & Cognition in the PwP impacts the Care Partner"
                  PRESENTER: Scott Sperling, PsyD, University of Virginia

11:45-12:45 pm  Lunch (Choice of Chicken, Salmon, Caesar Salad w/grilled chicken or Vegetarian)

12:45-1:45 pm  PRESENTER: Alice Lazarrini, PhD
               TOPIC: "Both Sides Now: A Journey from Researcher to Patient"

1:45-2:00 pm  Break

2:00-3:00 pm  Breakout Session Two
               □ 2A Treatment
                  TOPIC: "PD Medications"
                  PRESENTER: Binit Shah, MD, Movement Disorder Neurologist, University of Virginia
               □ 2B Therapy/Exercise/Wellness
                  TOPIC: "My Parkinson's Journey"
                  PRESENTER: Charles F. Bryan, Jr., PhD, President & CEO Emeritus to VA Historical Society
               □ 2C Caregiving
                  TOPIC: "A Care Partner’s Parkinson’s Journey"
                  PRESENTER: Angela Robb, author, speaker, support group leader, Care Partner, Fairfax, VA

3:00-3:15 pm  Break

3:15-4:15 pm  Breakout Session Three
               □ 3A Treatment
                  TOPIC: "Nutrition - Food as Medicine"
                  PRESENTER: John Duda, MD, University of Pennsylvania and Philadelphia PADRECC
               □ 3B Therapy/Exercise/Wellness
                  TOPIC: "Exercise for Parkinson’s - Finding What Works for You"
                  PRESENTERS: Kori Poplin, Fitness Director, Harbor’s Edge, Norfolk VA; Tricia L'Heureux, Lead Parkinson's PT at Sentara
               □ 3C Caregiving
                  TOPIC: "Options for Planning Ahead"
                  PRESENTER: Tom Knox, Founder and CEO, Seniorcorp, Virginia Beach

Name:
Address:  
City:  ST:  Zip:  
Email:  
Phone:  

Register all attendees below. Each person should choose the breakout sessions they want to attend. Choices are to the left, in the schedule.
(Example: 1A, 2C, 3B)
Lunch choices:
S=Salmon, C=Chicken, V=Vegetarian, CS=Caesar Salad

Need assistance with Registration Fees? Scholarships are available.
Have questions? Call us at 757-495-3062 or email apdavirginia@apdaparkinson.org
Hotel Registration info is on the back of this flyer.

Make checks payable to APDA-HR. NO CASH!
Mail your check and this form to:
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Virginia Beach, VA 23462-7905