



DISCOVER YOUR PLACE IN HISTORY.

6945 Pocahontas Trail  
Williamsburg, VA 23185

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>



This event is made possible thanks to a grant from the



We're grateful to our sponsors! Thank you!



Sponsor list as of July 21, 2017



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Richmond, VA 23255-0283  
804-798-8509  
[kmorton@wcrichmond.org](mailto:kmorton@wcrichmond.org)



Virginia Education Day

**Saturday**  
**October 7, 2017**

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**



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# APDA Virginia Education Day Schedule

- 8:30-9:15 am Registration and Continental Breakfast/Visit Exhibits
- 9:15-9:30 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



**REGISTRATION \$25 PER PERSON**  
**DEADLINE TO REGISTER: SEPT. 30**

**Two ways to register!**

**Mail in this form with your check or go online to [www.hrparkinsons.com](http://www.hrparkinsons.com)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

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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

Name	Lunch	Sess 1 10:45	Sess 2 2:00	Sess 3 3:15

**Need assistance with Registration Fees?**

**Scholarships are available.**

**Have questions? Call us at 757-495-3062 or email [apdavirginia@apdaparkinson.org](mailto: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:**

**APDA-HR**

**4560 Princess Anne Rd.**

**Virginia Beach, VA 23462-7905**