



Fill out and return form to:

APDA Northwest, 150 Nickerson, Ste 100 Seattle, WA 98109
206-695-2905, Fax: 206-455-8980, apdanw@apdaparkinson.org

REGISTRATION INSTRUCTIONS

Read through the session descriptions (www.apdaparkinson.org/northwest)

- **You will get to choose 4 sessions, plus a lunch session**
- **There are TWO lunch sessions. Be sure to choose ONE lunch for your session 2A or 2B**

Registration for each breakout session is limited and are first-come, first serve.

As with any physical activity, please check with you doctor before participating and wear appropriate clothing and footwear.

CONFERENCE FEE: \$35/person* Make checks payable to APDA

EARLY BIRD SPECIAL: \$25/person if registered before August 12, 2017

**Scholarships available by calling 206-695-2905*

Name Attendee 1: _____

Relationship to PD: ☐ I am a person with Parkinson's— DOB & Year of diagnosis _____

☐ I am a care partner to someone with PD ☐ Other _____

Name Attendee 2: _____

Relationship to PD: ☐ I am a person with Parkinson's — DOB & Year of diagnosis _____

☐ I am a care partner to someone with PD ☐ Other _____

Address _____ **City** _____ **Zip** _____

Phone _____ **Email** _____

Breakout	Attendee One	Attendee Two
Session 1		
Session 2A		
Session 2B		
Session 3		
Session 4		

REGISTRATION INSTRUCTIONS

Read through the session descriptions (we suggest you print it)*

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- There are TWO lunch sessions. Be sure to choose ONE lunch for your session 2A or 2B

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*If you choose to call us to register, please know you selections before you call.



Door Open 9:30		You will choose ONE Activity per session <i>NOTE: There are TWO lunch times, so be sure to choose lunch for your selection in 2A or 2B</i>						
Session 1 10:30 - 11:15	Take Your Cue	Power Forward Bootcamp	I Got Rhythm	Yoga	Unlock the Healing Power of Food!	Nature Portraits	Bigger, Faster, Stronger	Center Ring with the Circus
Session 2A 11:25 - 12:00	LUNCH 1	Power Forward Bootcamp	Yoga	Unlock the Healing Power of Food!	Nature Portraits	Bigger, Faster, Stronger	Center Ring with the Circus	
Session 2B 12:25 - 1:05	LUNCH 2	Take Your Cue	I Got Rhythm	Yoga	Unlock the Healing Power of Food!	Tai Chi	AMP	Rock Steady Boxing
Session 3 1:30 - 2:10	Take Your Cue	Power Forward Bootcamp	I Got Rhythm	Bigger, Faster, Stronger	Practicing Resilience in Everyday Life 1 <i>Care partners only</i> <i>Consecutive: MUST SIGN UP FOR BOTH</i>	Tai Chi	AMP	Rock Steady Boxing
Session 4 2:20 - 3:30	Take Your Cue	Power Forward Bootcamp		Yoga	Practicing Resilience in Everyday Life TWO <i>Care partners only</i> <i>Consecutive: MUST SIGN UP FOR BOTH</i>	Tai Chi	AMP	Rock Steady Boxing

2017 SESSION DESCRIPTION

<p>AMP (Amplitude, Mental Agility and PWR!) Nate Coomer, PT, DPT Owner, The Parkinson’s Fitness Project Amplify the way your brain and body function! Combining a few of the most popular methods for PD exercise including BIG movements, PWR! training and Cognitive dual tasking. Balance, strength, coordination and mental focus will all be challenged in this upbeat class that is focused on sharpening your mind and your body to keep you moving your best! <i>*If you use an assistive device or wheelchair, you are more than welcome but please have a loved one or caregiver close by to help out if need be.</i> 3 Sessions Offered</p>	<p>Bigger Faster Stronger Ashley Roy, Healthy Living Coordinator YMCA of Greater Seattle Imagine playing catch or running to catch the bus. This class is designed to help fight against some of the effects of Parkinson's. Challenge the symptoms of the disease with functional maneuvers and powerful gestures. Improve posture and sharpen your coordination. Strive for a Bigger Faster Stronger you! 3 sessions offered</p>	<p>Center Ring with the Circus Chuck Johnson and Jo Montgomery, founders of SANCA, the School of Acrobatics and New Circus Arts. Run away and join the circus...at least for 40 minutes! Circus covers many types of activities, and in this session you can try your hand at balance, hand-eye coordination, and a different way of building strength while having fun! No experience necessary, and the instructors have worked with people with Parkinson's previously. Step right up! 2 Sessions Offered</p>	<p>I Got Rhythm – Music Therapy for PD Megumi Azekawa, MM, MT-BC Owner, Puget Sound Music Therapy Our brain loves RHYTHM! Music therapy is based on research evidence to utilize music to improve, restore, or maintain non-music related functions. In this session, you will experience engaging and effective music therapy exercises to work on your movement coordination, balance, strength as well as voice, speech articulation, and breath support. Experience optimal benefits of music therapy for your physical and cognitive well-being. No musical background necessary to experience the benefits of music therapy-- come join us! 3 Sessions Offered</p>	<p>Nature Portraits Nancy Silvesan-Valdes, professional artist and teacher Silver Kite Community Arts, LLC Join us on the terrace and let your creative spirit shine. Art is both therapeutic and fun and can be done by all ability levels. Nancy will be leading the group in creating self-portraits with items found in nature. 2 Sessions Offered</p>	<p>Power Forward Boot Camp! France Marien, Certified Fitness Instructor Remix Workouts Maximize your functional mobility. Gain strength and stamina. Enhance posture, spine suppleness, coordination, and dual task performance. Improve balance, gait, and flexibility. Discover how working at high intensity and taking advantage of circuit and interval training can help you manage the motor and non-motor symptoms of Parkinson’s. Designed for people in the early stages of Parkinson’s <i>*Ability to walk without any assistive device, and to get up and down from the floor without assistance.</i> 4 Sessions Offered</p>
<p>Practicing Resilience in Everyday Life – for Care partners only Pam Dibbs, Leadership Facilitator, Coach & Comedian Combining research from the best-selling author Dr. Brene Brown and the latest neuroscience findings, this session will help care partners identify their triggers and become more resilient in their everyday life. Understand how to help your brain help you handle discomfort more easily, increase self-compassion, and learn how to increase access to humor in everyday life. Must sign up for BOTH sessions as they are consecutive</p>	<p>Rock Steady Boxing Led by a Team of local Rock Steady Instructors Battle Parkinson’s via Rock Steady Boxing's no-contact boxing-inspired fitness routines that help “fighters” with Parkinson's gain endurance, strength, agility, flexibility and balance. In this breakout session, you’ll get to practice focus mitt drills, one of many ways the program's workouts are made to be fun and effective! 3 Sessions Offered</p>	<p>Take Your Cue Coach Lisa Stuebing, Medical Exercise Specialist Mud Puddle Fitness Tap into your life experience to move more easily. Briefly discuss the types of cues and why they work. Play games and tackle balance challenges designed to improve both cognition and movement. Coach Lisa has been working with people with PD for over seven years. 4 sessions offered</p>	<p>Tai Chi for Self-Care & Resilience Karin Collins, Instructor Momentum Energy Arts Learn how embodied movement practices improve Mind-Body Fitness and allow for sustainable wellness. Karin seamlessly combines techniques from Tai Chi, Qigong, Breathwork and the MELT Method to facilitate recovery and resilience. Participants improve body awareness and breathing efficiency, wake the senses from head to hands to feet, strengthen the legs and learn to move with ease. We will pay particular attention to the mechanics of effortless balance, how to maintain solid stability, and what to do when we feel unbalanced. 3 Sessions Offered</p>	<p>Unlock the Healing Power of Food! Wilma Shaw, Nutritional Therapy Practitioner Embrace Nutrition, LLC Discover how nutrient dense foods help protect against PD progression. Wilma will give practical examples of beneficial foods, how to include them in your diet, and how to get more benefit from eating them. You will go home with a sample meal plan and some easy exercises to do before eating that support healthy digestion. Take a step towards building a healing relationship with your food. 3 Sessions Offered</p>	<p>Yoga for PD Peter Lynch, Registered Yoga Teacher Yoga for PD This session will give a fun and engaging introduction to the techniques of yoga for people of all levels. Build strength and flexibility, practice balance with awareness, and establish community in a safe space with people who understand the challenges of living with PD. 4 Sessions Offered</p>