

## Program Location:

Sargent College of Health and  
Rehabilitation Services  
635 Commonwealth Avenue  
Boston, MA 02215

The closest T stop is the Green Line  
Blandford Street station. There is a  
parking lot adjacent to the building.  
The room number is still to be  
determined and will be announced  
when it is available.

Parking details will be provided when  
you register.

## Registration:

Please contact the APDA Information  
and Referral Center at Boston  
University Medical Center. Although  
there is no fee for the program,  
registration is required.

**800-651-8466 | 617-638-8466**  
**apdama@apdaparkinson.org**

## Sponsors:

### **Boston University Medical Campus**

Parkinson's Disease and  
Movement Disorder Center

### **Boston University, Sargent College**

Center for Neurorehabilitation

### **American Parkinson Disease Association**

Massachusetts Chapter

### **APDA Information and Referral Center at Boston University**

72 East Concord Street, C3  
Boston, MA 02118  
617-638-8466  
800-651-8466

### **The APDA National Rehab Resource Center at Boston University**

Toll free: 888-606-1688  
Email: rehab@bu.edu

# Parkinson's Good Start Program

*An educational program for  
individuals recently diagnosed  
with Parkinson's Disease and  
their family members.*

**March 25 & April 1, 2020**

**6:00—8:00 PM**

Boston University

Sargent College

635 Commonwealth Avenue

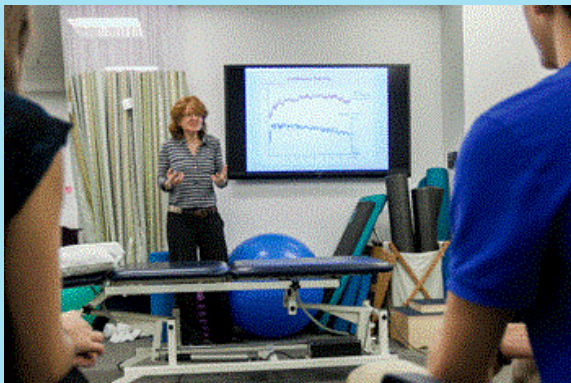
Boston, MA 02215



**Strength in optimism. Hope in progress.**

The Good Start Program is a two part series presented by a team of Parkinson's Disease specialists from Boston University and Boston University Medical Center. Participants will receive up-to-date information on diagnosis and treatment. Community resources will be identified to assist in managing and coping with Parkinson's disease. Our target audience for this program include individuals diagnosed with Parkinson's within the past three years.

Opportunity will be provided to answer frequently asked questions and address common concerns. There is no cost for this program.



## Session One:

**Wednesday, March 25, 2020**

**6-8 PM**

*A light supper will be served starting at 5:30 PM*

### **Welcome and Program Overview**

*Cathi A. Thomas, RN, MS*

### **What is Parkinson's Disease?**

*Sarah O'Shea, MD, MS*

- ◆ Diagnosis
- ◆ Symptoms
- ◆ Treatment Strategies

### **The Role of Rehabilitation/Exercise**

*Terry Ellis, PhD, PT, NCS*



## Session Two:

**Wednesday, April 1, 2020**

**6-8 PM**

*A light supper will be served starting at 5:30 PM*

### **Welcoming Remarks**

*Tami DeAngelis, PT, DPT, GCS*

### **Introduction to the Health Care Team**

- ◆ Movement Disorder Specialist  
*Katelyn Bird, MD*
- ◆ Physical Therapy  
*Timothy Nordahl, PT, DPT*
- ◆ Nutrition  
*Stacey Zawacki, DrPH, RD, LD*
- ◆ Speech & Language Therapy  
*Elizabeth Hoover, PhD, CCC-SLP, BC-ANDCDS*
- ◆ Nurse Specialist  
*Cathi A. Thomas, RN, MS*

### **Medication Management**

*Stephanie Bissonnette, DO, MPH*

- ◆ Drug Classification
- ◆ Individualizing Therapy