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

March 25 & April 1, 2020
6:00—8:00 PM
Boston University
Sargent College
635 Commonwealth Avenue
Boston, MA 02215
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.

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### Program Overview

#### 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-ANCDSD*

- Nurse Specialist
  *Cathi A. Thomas, RN, MS*

**Medication Management**

*Stephanie Bissonnette, DO, MPH*

- Drug Classification
- Individualizing Therapy