

A Caregiver's Primer: A Mindful Approach to Self-care

*Focus on your health and wellbeing | Info you can use right away | Techniques to de-stress and strengthen
Sessions led by members of Spaulding Cape Cod's Parkinson's Disease Programs and the Integrative Medicine Committee.*

Spaulding Rehabilitation Hospital Cape Cod 311 Service Road | East Sandwich, MA 02537
Tuesday, November 19, 2019 | 4:30–7:30 PM

SCHEDULE

4:30 Registration, box supper – Spaulding Cape Cod Cafeteria

5:00 **Mindful Caregiving: Integrative Health Strategies for Parkinson's Partners**

John Allen | PhD, *Health Psychologist, Director of the Parkinson's Healthy Mindset Program*
Kendall Smiley | OT, *Inpatient Occupational Therapist*

6:00 Breakout Sessions

A – Finding the Calm Within: Meditation as a Primary Strategy to Relieve Stress

Craig Bautz | *Therapeutic Activities Director*

B – Strengthen and De-Stress Your Body: Exercises for Wellness and Injury Prevention

Kathleen Withers | DPT, *Inpatient Physical Therapist*
Bailey Miles | *Rehab Aide, Certified Yoga Instructor, Parkinson's Disease Wellness Program*

C – Speaking with Compassion: Effective Communication Strategies for the Stages of Parkinson's

Janine Annis-Young | CCC-SLP, *Inpatient Speech and Language Pathologist*

{Sessions A – C offered concurrently so each participant can rotate through 3 sessions of approximately 20 minutes each.}

7:10 Closing Remarks and Meditation: Where Do You Go from Here?

This program is designed for care partners of people with Parkinson's .

Reservations are required for this event. **To RSVP**, contact the American Parkinson Disease Association Information & Referral Center at Boston University Medical Campus at 800-651-8466 or apdama@apdaparkinson.org.

