

Saturday October 14, 2023

12:00pm – 6:00pm	Open Conference Check-in	Hotel
1:00pm – 4:00pm	Choice of Social Activities	Hotel and Off-site locations
4:30pm – 6:00pm	Welcome Reception Happy Hour	Hotel

Sunday October 15, 2023 Full Day Conference 10:00 - 5:00pm

Check-in, continental breakfast, and resource fair starts at 9:00am

AGENDA with Movement Breaks led by fitness experts will be provided throughout the day.

General Session 1: Physical Health: Living Long and Well with PD	Dr. Laurie Mischley, ND, PhD, MPH Naturopathic PD Specialist, Seattle Integrative Medicine
General Session 2: Navigating the Healthcare System – Advocating for your Needs	Dr. Kimmy Su, MD, PhD Movement Disorders Specialist VA Puget Sound & University of Washington
General session 3: Panel Discussion Beyond Medication - Exercise, Speech & the role of Pre-habilitation	Dr. Nate Coomer , Physical Therapist Parkinson Fitness Project Emily Hanson , Speech Language Pathologist Adaptive Brain Speech Therapy Whitney Hanson, PwP
BREAK/Visit Resource Fair/Lunch	Table Topics: Creating Connections
Breakout Session 1 – CHOOSE 1	
1. Nourishing the Mind & Body – Optimizing Nutrition in YOPD	Kelly Morrow, MS RDN, FAND Registered Dietician, Seattle Integrative Medicine
2. Gaps in Care for Women with PD	Dr. Subramanian, MD Movement Disorder Specialist at UCLA with Kat Hill, PwP
3. Financial Planning	Nick Van Jaarsveld, AAMS Edward Jones Financial Advisor
4. Panel: DBS Considerations for YOPD	Moderated by Dr. Kimmy Su with Dr. Benjamin Grannon , Neurosurgeon, University of WA and DBS newbies and veterans.
Breakout Session 2 – CHOOSE 1	
1. Nourishing the Mind & Body – Optimizing Nutrition in YOPD	Kelly Morrow, MS RDN, FAND Registered Dietician, Seattle Integrative Medicine
2. Flying Solo with Parkinsons disease	Dr. Laurie Mischley
3. YOPD Panel: Ask Me Anything!	Panel of PwP sharing tips & trick
4. Research & Clinical Trials	Dr. Rebecca Gilbert, MD, PhD Movement Disorder Neurologist, APDA Chief Scientific Officer
General Session 4: YOPD in the Workplace	Michelle Taylor, MA, CRC Rehabilitation Specialist, University of Washington
General Session 5: Wellness & PD	Dr. Subramanian, MD Movement Disorder Specialist, UCLA Medical Center
General Session 6: Panelist Q & A: Ask the Experts	Moderated by Dr. Rebecca Gilbert