

**Saturday October 14, 2023**

12:00pm – 6:00pm	Open Conference Check-in	Hotel
1:00pm – 4:00pm	Choice of Social Activities	<b>At Hotel:</b> boxing, drumming, dancing, and sketchbook journaling <b>Off-site:</b> hiking & pickleball
4:30pm – 6:00pm	Welcome Reception Happy Hour	Complimentary appetizers and no host bar

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