



Monday, Sept. 21
Cathedral of the Rockies
Boise, ID

Learn

Move

Connect

Live Well

10:00 am - 4:00 pm

Doors Open at 9:00am

FREE TO ATTEND
LUNCH PROVIDED
FREE PARKING

SPACE IS LIMITED
REGISTRATION REQUIRED

Scan with Camera



Register at
apda.link/boise26



 206-695-2905
 apdanw@apdaparkinson.org
 www.apdaparkinson.org/NW

**A one-day conference
offering practical tools and
strategies to enhance your
quality of life with PD.**

Featured Topics

- *Beyond Medication Discussion*
- *Nutritional Strategies*
- *Strong Voice, Smooth Swallowing*
- *Care Partner Conversation Circle*
- *Neuro-fitness Activities*
- *Preparing for the Unexpected*
- *Community Resources*
- *Ask the Expert Panel*



Featured Speaker

Liz Fergula, MD

Movement Disorders

Neurologist

Synapticure