



## AGENDA

(updated 8/7/2025)



### Saturday Agenda 10/25

**8:30am Registration & Welcome Coffee** ☕

**9:30am** **General Session 1**  
**Living Well with YOPD**

Moderator: Jeremy Likness - Person Living with YOPD

Ray Dorsey, MD, MBA - Atria Health

Larry Gifford - PD Avengers

Panelist with YOPD

**10:30am** You, Me and YOPD: Let's Move  
Into Connection

Nate Coomer, PT, DPT, NCS - The Parkinson Fitness  
Project

**10:45am Morning Break & Individual Connections**

**11:15am Breakout Session Block 1**

**Speakers**

Movement/Creative Activity

TBD

Care Partner Conversations

Katie Freeman, MSW - APDA

DBS Session 1

Jason Aldred, MD FAAN - Selkirk Neurology

Maria Marsans, MCMS, PA-C - Virginia Mason Medical  
Center

Panel of DBS Graduates

Listening session with Dr. Dorsey

Ray Dorsey, MD, MBA - Atria Health

Harnessing Technology in  
Managing PD

Liz Fergula, MD - Synapticure

Jennie Davis, DO - Maple Valley Movement Neurology

**12:15pm Lunch**

**1:15pm**

Liz Fergula, MD - Synapticure

Karen Torres, Psy. D, ABPP-CN - University of  
Washington

Sam Evans, ND - Seattle Integrative Medicine

Kat Hill, Person Living with YOPD

Ken Hill, Care Partner

Larry Gifford, Person living with YOPD

Rebecca Gifford, care partner

**General Session 2**  
**Mental Health, Cognition &**  
**Resilience in YOPD**

NORTHWEST CHAPTER

130 Nickerson Street, Suite 300, Seattle WA 98109 | 206-695-2905 | [www.apdaparkinson.org/Northwest](http://www.apdaparkinson.org/Northwest)



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#### 2:45pm Breakout Session Block 2

Cognitive Movement Session	Nate Coomer, PT, DPT, NCS - The Parkinson Fitness Project
Care Partner Conversations	Katie Freeman, MSW - APDA
The role of Medication & Managing Side effects (Ask the Expert)	Kimmy Su, MD, PhD - University of Washington
Women in PD	Kat Hill, Person Living with YOPD Dr. Sam Evans, Seattle Integrative Medicine
Ask Me Anything Panel YOPD	Various People with Living with YOPD

#### 3:45pm Afternoon Break

#### 4:00pm General Session 3 Tried True Novel New

Jason Aldred, MD FAAN - Selkirk Neurology

#### 5:00pm Community Wrap up

#### 5:30pm Post-Conference Reset – Restorative Yoga

Peter Lynch, Yoga for PD



## AGENDA

(updated 8/7/2025)



### Sunday Agenda 10/26

8:00am	Doors Open, coffee and light refreshments	
8:15am	Movement & Interaction Offerings (for the early birds)	
9:45am	<b>General Session 4</b> Financial & Legal Considerations	Denelle Reilly, Macey-Cushman & Reilly, PLLC Roy Hsu, Evoke Financial Services Brian Harris, Person living with YOPD
10:45am	<b>Breakout Session Block 3</b>	
	Movement/Creative Activity	TBD
	Care Partner Conversations	Katie Freeman, APDA
	DBS Session 2	Kimmy Su, MD, PhD - University of Washington Jennie Davis, DO - Maple Valley Movement Neurology Panel of DBS Graduates
	Building Community	Brian Harris, SEAYOPD Group Amy Lavallee, PDXYOPD Group Larry Gifford, PD Avengers
	The Role of Medications & Managing Side Effects (Ask the Expert)	Liz Fergula, MD - Synapticure
12:00pm	<b>General Session 5</b> Impact of Nutrition on PD: A practical approach	Laurie Mischley, ND, PhD. MPH - Seattle Integrative Medicine Panel of Persons Living with YOPD
12:50pm	Lunch & Closing Remarks	
1:30pm	Event Concludes	

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