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DEADLINE**

August 28, 2019

Special thanks to the

**PARK
FOUNDATION**

**without whom this event
would not be possible.**

**We are also sincerely grateful
to our local sponsors.**

Thank you!

Hampton Roads Chapter
4560 Princess Anne Road

apda **AMERICAN
PARKINSON DISEASE
ASSOCIATION**
Strength in optimism. Hope in progress.

Virginia Beach, VA 23462
757-495-3062
www.apdaparkinson.org/va
apdavirginia@apdaparkinson.org

Richmond Metro Chapter
P.O. Box 70283
Richmond, VA 23255-0283
804-798-8509

apda

**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Virginia Education Day

**Saturday
September 28, 2019**

**For People and
Families Living with
Parkinson's Disease**

- Educational Presentations
- Breakout Sessions
- Exhibits & Networking
- Light Breakfast and Lunch

**CONFERENCE
REGISTRATION DEADLINE
September 17, 2019**

APDA Virginia Education Day Schedule

- 8:00 a.m. - 8:45 a.m. **Registration and Continental Breakfast**
8:45 a.m. - 9:00 a.m. **Welcome**
APDA Chapter and Information and Referral Center Representatives
- 9:00 a.m. - 9:45 a.m. **Living with Parkinson's Disease**
Charlie and Cammy Bryan
Karl and Angela Robb
- 10:00 a.m. - 11:15 a.m. **Understanding, Managing & Living with Parkinson's Disease**
Moderator: Debbie Dellinger, NP, PADRECC, Richmond, VA
Panelists:
Jonathan Snider, MD, Neurologist, VCU Medical Center, Richmond
Jonathan Butler, MD, Neurologist, Riverside Health Systems, Newport News
Armond Reich, APDA/Hampton Roads Chapter President and Caregiver
Carmen Fuentes, MD, Neurologist, Neurology Specialists, Norfolk/Virginia Beach
Shannon Clark MD, Neurosurgeon, Sentara Medical Group, Virginia Beach
- 11:30 a.m. - 12:30 p.m. **Breakout Sessions (choose one to attend)**
Dementia and Neuromodulation
Kathryn Holloway, MD, Neurosurgeon, VCU Medical Center & PADRECC
Update on PD Research and Benefits of Participating in Clinical Trials
Leslie Cloud, MD, Neurologist, VCU Medical Center, Richmond, VA
Bob Pearson, Person with Parkinson's disease and advocate
- 12:30 p.m. - 1:15 p.m. **Lunch**
1:15 p.m. - 1:45 p.m. **Ageless Grace Brain Fitness**
Judith Koziol, M.S., Ageless Grace Educator, Richmond
- 2:00 p.m. - 3:00 p.m. **Breakout Sessions (choose one to attend)**
Parkinson's Disease 101
Karen Thomas, MD, Neurologist, Sentara Medical Group, Virginia Beach
Benefits of Anti-Inflammatory Eating and More!
Ka Wong, Clinical Dietician, Hunter Holmes McGuire Veteran's Affairs Medical Center, Richmond, VA
Break - Refreshments
- 3:00 p.m. - 3:15 p.m. **Breakout Sessions (choose one to attend)**
3:15 p.m. - 4:15 p.m. **Tips and Advice for Caregivers**
Moderator: Don Bradway, caregiver
Caregiver Panelists - Rita DePew, Al Mayo and Kathy Morton
Get Moving! The Benefits of Exercise (with Demonstrations)
Moderator: Scott Brubaker, Jr., APEX PT & Movement Center, New Kent
Instructor/Therapist Panelists:
Robert Hand, Parkinson Wellness Recovery (PWR!), Richmond
Kendra Lapointe, Rock Steady Boxing (RSB) Southside Hampton Roads
Eddie Montoya, Eddie's Yoga, Virginia Beach
Steve Clark, Lee Silverman Voice Treatment BIG, Williamsburg
Grenay Williams, Tai Chi, Hunter Holmes McGuire VA Medical Center, Richmond
- 4:15 p.m. **Adjourn**



\$25 PER PERSON
REGISTRATION DEADLINE
September 17, 2019

How to Register?

By Mail

Mail in this form with your check made payable to:

APDA/Hampton Roads
Chapter, 4560 Princess Anne Road,
Virginia Beach, VA 23462

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

Online

www.apdaparkinson.org/va

A light breakfast, refreshments and a boxed lunch are included in your registration fee.

Need assistance with registration fees?

Scholarships are available!

Have questions? Call us at 757-495-3062 or email apdavirginia@apdaparkinson.org