## Breakout Sessions

Choose one session for each attendee and provide name(s) on the line provided.

### Morning

**Caregivers: Being prepared for an emergency**

Name(s) ____________________________

**Grieving “life as we have known it”**

Name(s) ____________________________

**Panel on PD exercise programs**

Name(s) ____________________________

### Afternoon

**Are you caring too much and laughing too little?**

Name(s) ____________________________

**Causes and prevention of falls**

Name(s) ____________________________

**Exercise: A targeted attack on Parkinson’s**

Name(s) ____________________________

## Conference Details

### Conference Location

Country Springs Hotel and Conference Center  
Grand Ballroom  
2810 Golf Road  
Pewaukee, WI 53072

### Accommodations

Overnight accommodations are available at Country Springs Hotel. Call 262-547-0201 to make reservations. Mention that you are attending the Wisconsin Parkinson Association Symposium to receive a special rate of $112 per night. The cutoff date is Friday, May 26, 2017.

### Deadline

Conference registration must be received by Wednesday, June 14, 2017.

### Questions?

For more information, call the Wisconsin Parkinson Association at 414-312-6990 or visit wiparkinson.org.

### Gold Sponsors:

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**Wisconsin Parkinson Association**  
2819 W. Highland Blvd.  
Milwaukee, WI 53208  
(414) 312-6990  
wiparkinson.org
Agenda

8:00 REGISTRATION, RESOURCE FAIR, AND CONTINENTAL BREAKFAST

9:00 WELCOME AND KEYNOTE SPEAKER

- Understanding Parkinson Disease from a Scientific Perspective
  Guiseppe P. Cortese, PhD
  Post Doctoral Research Associate, Department of Neurology
  University of Wisconsin-Madison
  As a person with PD, you have a vested interest into how Parkinson disease research is being conducted and progressing. In this opening session, you will learn from Dr. Cortese—who is conducting this research—what research looks like, and how he and others are searching for better treatment options and eventually a cure for PD.

10:45 MORNING BREAKOUT SESSIONS

- Caregivers: Being prepared for an emergency
  Aimee Henry, Interfaith Senior Programs
  As a caregiver, things can change quickly. Are you prepared? Learn about resources available in your area and how you can be ready for what life throws at you.

- Grieving “life as we have known it”
  Melissa Minkley, MSW, Healing Life’s Losses
  No one asks for a chronic disease diagnosis, but how you adjust to this diagnosis and new life will have a huge impact on your quality of life. It is ok to be upset about the changes, but let’s talk about how to cope and continue living the life you want to lead.

11:45 LUNCH, RESOURCE FAIR

12:45 AFTERNOON BREAKOUT SESSIONS

- Are you caring too much and laughing too little?
  Lynda Markut, MS, LCSW, Alzheimer’s Association of Southeast Wisconsin
  As a caregiver, you often get caught up in the day-to-day and forget to take ‘me time.’ Let’s laugh and learn about ways to take time for yourself while still being a caregiver.

- Causes and prevention of falls
  Molly Agnew, DPT, NCS, Froedtert & Medical College of Wisconsin
  Erin Brennan, DPT, Froedtert & Medical College of Wisconsin
  Falls are a major concern for seniors and people with PD. Learn some easy ways to reduce your risk of falling and to protect yourself.

- Panel on PD exercise programs
  Darrell Jack, Rock Steady Boxing
  Susanne Carter, Parkinson Dance Class
  Erica Vitek, LSVT BIG
  Exercise is vital for people with PD. In this panel discussion, you will learn about several exercise options and which options will make the most sense for you or your loved one.

- Exercise: A targeted attack on Parkinson’s
  Skye Stevens, PT, DPT
  Zablocki VA Medical Center
  Ceilia Maccani, PT, DPT
  Zablocki VA Medical Center
  Exercise is an important part of your Parkinson treatment. Join us to learn which exercises are best for PD and to improve your health.

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2:10 AFTERNOON KEYNOTE SPEAKER

- Nutrition for Parkinson Disease
  Michelle McDonagh, RD, CD
  Froedtert & Medical College of Wisconsin
  Can changes in your diet improve your PD? Are there foods you should avoid and foods you should seek out? In this closing session, you will learn about how your diet can interact with your PD and medications and can impact your PD symptoms.

3:10 WRAP-UP

Registration

Registration fee is $30 per individual. Make checks payable to Wisconsin Parkinson Association. The registration fee includes educational materials, continental breakfast, refreshment breaks and lunch. We encourage you to dress in layers to accommodate fluctuations in room temperature.

Name ______________________
Address ______________________
City __________________ State _______ Zip _______
Phone ( ) ______________________
Email ______________________
Number of people attending ______________________
Names of people attending ______________________

If special dietary considerations are required, please list name(s) and dietary needs ______________________

Please detach and mail with registration fees to:
Wisconsin Parkinson Association
2819 W. Highland Blvd.
Milwaukee, WI 53208