



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

Welcomes you to

THE VICTORY SUMMIT® OTTAWA



Saturday, October 5, 2019

Ottawa, ON

THANK YOU FOR COMING TODAY.

We're glad you're here.

Whether this is your first time at an event focused on Parkinson's or you have attended many in the past, we are **grateful** you put in the time and effort to spend your day with us.

Today, it's okay to be unsure, to ask questions, to step outside of your comfort zone. Everyone in this room is on a unique journey, but we share so much in common. Have a conversation with someone new to you. You might make a valuable **connection**.

Our hope is that by the time we are saying our goodbyes, you will feel **inspired, motivated**, in charge and ready to **live well** with Parkinson's today and every day.

Today is just the beginning. Our staff, event partners, organizations in the exhibition hall and our presenters will all be available today, tomorrow and beyond to **support** you.

Thank you for coming today. We're glad you're here.

WHAT DO YOU HOPE TO LEARN TODAY?

Before the day begins, consider which topics you hope to learn more about. Hopefully, many of your questions will be answered. For questions that remain, this will help guide future conversations with the Davis Phinney Foundation, our speakers or local resources.

- Motor symptoms
- Sleep disturbances
- Depression & mood
- Non-motor symptoms
- Urinary & bowel symptoms
- Nutrition
- Cognition
- Fall prevention
- Speech & swallowing
- Exercise
- Medication management
- Care partners
- Surgical therapies
- Young Onset Parkinson's
- Complementary therapies
- Supportive care

Think of something after the event?

Send us an email at contact@dpf.org or give us a call at (866) 358-0285.

MEET DAVIS



Davis Phinney was fresh off of a successful professional cycling career, where he won an Olympic bronze medal in 1984 and was part of the first American team to race in the Tour de France, when he was diagnosed with Parkinson's. He founded the Davis Phinney Foundation in 2004 with the pioneering vision of helping those living with Parkinson's to take action to improve their quality of life through education, inspiration, resources and effective self-care.

Davis' perseverance, coupled with his infectious positive attitude and dedication, inspire the work of the Davis Phinney Foundation and have earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring 2015, he was honored at the White House as a Champion of Change because of his work in the Parkinson's community.

PROGRAM BOOK GUIDE

page 6 **General Session Agenda**

See what's coming up for the day.

page 8 **Breakout Session Information**

Read about the option to join our care partner breakout session during lunch.

page 9 **Speaker Bios**

Get to know the incredible experts we have with us today.

page 17 **Thank You**

Take a moment to acknowledge the partners and sponsors that made today possible.

page 19 **Exhibitor List**

See who you can meet in our exhibitor hall and/or find their contact information to follow up with them later.

page 26 **Action Steps**

Set a new goal and plan the steps that will help you achieve it!



GET MOVING WITH US **TODAY!**

You'll see this symbol on your agenda a few times. This represents three movement breaks we will take today. During this time, get ready to move your body, activate your mind and maybe try something new.

Movement Break #1: Phoenix Boxing's Knock-Out Warm Up

Start your day off right with Phoenix Boxing's Knock-Out Parkinson's class warm up including dynamic stretching with vocal exercises and shadowboxing.

Movement Break #2: One, Two, Punch out Parkinson's!

Feel empowered to fight Parkinson's with a non-contact, boxing-style fitness program designed to help people improve their quality of life, sense of self-efficacy and self-worth.

Movement Break #3: Connecting with Dance

Creative movement exercises completed during Connecting with Dance classes encourage and inspire participants with Parkinson's of all abilities to move and interact with each other expressively and with confidence. The use of imagery and live music motivates participants to strive to rediscover a broad range of movement possibilities whether seated or standing.

For more information about local wellness classes, reference the "Local Resources" insert booklet.

THE VICTORY SUMMIT® OTTAWA AGENDA

To download today's slides, visit dpf.org/vs-ottawa.

8:30 – 9:30

Visit Exhibit Hall

Exhibit Hall open from 8:30 am–2:30 pm

9:30 – 9:35



Opening Movement: Phoenix Boxing's Knock-Out Warm Up

Chris Weissbach, CEP, NCCP, *Phoenix Boxing (Ottawa, ON)*

9:35 – 9:55

Welcome & Opening Remarks

Evan Siddall, President & CEO, *Canada Mortgage & Housing Corp (Ottawa, ON)*,
Board of Directors, *Davis Phinney Foundation (Louisville, CO)*
Polly Dawkins, Executive Director, *Davis Phinney Foundation (Louisville, CO)*

9:55 – 10:15

Moments of Victory®

Davis Phinney, Founder, *Davis Phinney Foundation (Louisville, CO)*

10:15 – 10:45

Not Just the Shakes: Non-motor Symptoms

Christopher Tarolli, MD, *University of Rochester Medical Center (Rochester, NY)*

Break

10:45 – 11:15

Coffee & Connection Break - *Browse exhibitors and meet other attendees*

11:15 – 11:25



Movement Break: One, Two, Punch out Parkinson's!

Christine Seaby, RMT, RHN, *Boxing 4 Health (Ottawa, ON)*

11:25 – 11:55

Cognitive Challenges & What to Do About Them

Greg Pontone, MD, MHS, *Johns Hopkins University School of Medicine (Baltimore, MD)*

11:55 – 12:55

Lunch

Delivered directly to tables - Exhibit Hall open

-OR-

***Lunch and Learn: Care Partners Breakout Session**

Sandie Jones, *Parkinson Canada (Toronto, ON)*

Maria Marano, *Parkinson Canada (Toronto, ON)*

Angela Supino, *Parkinson Canada (Ottawa, ON)*

** Read more on pg 8*

12:55 – 1:05



Movement Break: Connecting with Dance

Nenad Duplancic, *The School of Dance (Ottawa, ON)*

Maria Shepertycki, *The School of Dance (Ottawa, ON)*

1:05 – 1:35

How to Exercise Safely and Consistently While Living with Parkinson's

Kaitlyn Roland, PhD, *University of Victoria (Victoria, BC)*

1:35 – 1:55

Living Well with Parkinson's

Soania Mathur, MD, Speaker, Writer, Educator & Parkinson's Advocate (*Toronto, ON*),
Board of Directors, *Davis Phinney Foundation (Louisville, CO)*

1:55 – 2:55

Q&A Panel with Docs - Ask Them Your Most Pressing Questions

Soania Mathur, MD

Greg Pontone, MD, MHS

Kaitlyn Roland, PhD

Michael Schlossmacher, MD, DABPN, FRCPC, *Ottawa Hospital Research Institute (Ottawa, ON)*

Christopher Tarolli, MD

2:55 – 3:00

Closing Remarks

Polly Dawkins

3:00

Head Home!

Make your commitment to live well today with Parkinson's!

BREAKOUT SESSION

The following session will be offered during lunch from **11:55 am – 12:55 pm.**

ROOM 106 A-B

Care Partner Breakout Session with Lunch

Sandie Jones, *Parkinson Canada (Toronto, ON)*

Maria Marano, *Parkinson Canada (Toronto, ON)*

Angela Supino, *Parkinson Canada (Ottawa, ON)*

During this special lunch and learn, we invite care partners to join us for a short presentation followed by a panel discussion and Q&A. There are often few opportunities for care partners to get together, share stories and receive support from each other; so, we're very excited about offering this to you today. Lunches will be brought to you in the breakout room. See you there!



MORE CARE PARTNER RESOURCES:

For more information on care partnering, check out our online Care Partner's Digital Toolbox. Visit www.dpf.org/parkinsons-care-partners-digital-toolbox and you'll find our best recommendations and resources including worksheets, apps, websites and a few nuggets of wisdom from people who have been caring for someone with Parkinson's long enough to know how valuable time is.

Some of these items will be helpful no matter what "stage" your person with Parkinson's is in, and some of them will be more helpful as their needs increase. This toolbox is a starting point and a living document that you can print out, keep close and add to along the journey.

MEET TODAY'S SPEAKERS



POLLY DAWKINS

Polly brings 25 years of for-profit and nonprofit experience to her position as the Executive Director of the Davis Phinney Foundation. She is committed to making wise use of the Foundation's resources, enabling it to extend its reach while staying true to its mission. Polly is passionate about helping people with Parkinson's thrive by providing education, connection to community and funding quality of life research that takes the guesswork out of living well.



NENAD DUPLANCIC

Nenad Duplancic started his career in 1980 as a ballet accompanist, in Belgrade, former Yugoslavia. In 1993 he joined The School of Dance artists and continues to inspire students with his original music.



SANDIE JONES

Sandie Jones trained as a registered nurse specializing in psychiatry. In 1998, she joined Parkinson Canada and is now an integral part of the Information and Referral team. In this role, she has provided support, education, medical interventions, coping strategies, community services and other information about Parkinson's and its management, not only to people living with Parkinson's and their families but also to other professionals who work with them. This role has given her a comprehensive insight into the challenges people with Parkinson's and their care partners face.



SOANIA MATHUR, MD

Dr. Soania Mathur is a former family physician turned speaker, writer, educator and Parkinson's advocate. She is also on the board of the Davis Phinney Foundation. Dr. Mathur was diagnosed with Parkinson's at the age of 27 and retired 12 years later. She speaks passionately about the challenges of adjusting physically and emotionally and the coping strategies available to people living with Parkinson's and their care partners. She lives just outside of Toronto, Ontario.



MARIA MARANO, MSC

Maria Marano has a background in neuroscience with specific training in Parkinson's research. She began with Parkinson Canada working in community development and later joined the education and client services team where she works as an Information and Referral Associate. In this role, she provides education and support to people living with Parkinson's, their care partners and healthcare professionals. Maria's research experience has been an indispensable asset for translating new scientific findings to clients. Through her work, Maria strives to empower people affected by Parkinson's to better understand and manage their illnesses.



GREG PONTONE, MD, MHS

Gregory Pontone is an Associate Professor in the Departments of Psychiatry and Neurology at Johns Hopkins University School of Medicine in Baltimore, Maryland. He is an Attending Psychiatrist in the Geriatric and Neuropsychiatry division where he treats patients with neurodegenerative disorders (including Parkinson's and related disorders, Alzheimer's dementia), and behavioral disturbances resulting from these diseases. Dr. Pontone is the director of the Johns Hopkins Parkinson's disease Neuropsychiatry Clinic, which focuses on diagnosing and treating the neuropsychiatric aspects of Parkinson's and related disorders. His research focuses on the interaction between neuropsychiatric symptoms such as cognitive impairment, anxiety and depression and motor impairment in Parkinson's.



KAITLYN ROLAND, PHD

Kaitlyn Roland is an adjunct professor (School of Public Health and Social Policy) and researcher at the University of Victoria (Institute on Aging and Lifelong Health) and Office of the Seniors Advocate (Ministry of Health, Gov BC). Over the past 12 years, her research program has focused on physical function, cognitive function, caregiver well-being and supports in Parkinson's. She teaches yoga and delivers yoga education. She also publishes and presents on the benefits of yoga for Parkinson's. She was a founding Board Member and is the current Scientific Advisor for the Parkinson Wellness Project, a community space offering fun, safe and rigorous evidence-based multidisciplinary exercise programs designed to empower, improve function and increase quality of life for those living with Parkinson's on Vancouver Island, BC.



CHRISTINE SEABY, RMT, RHN

Christine Seaby is the founder and owner of Boxing 4 Health Inc. In the past three years, Boxing 4 Health has quickly grown to three locations with two in Ottawa and one in Smiths Falls. They teach fitness-inspired boxing classes to people with Parkinson's and seniors. They also offer latin, PWR! and yoga classes. They have an awesome group of students and an amazing group of instructors and volunteers who inspire their students to keep on fighting and have fun doing it!



EVAN SIDDALL, JD

Evan is President and CEO of Canada Mortgage & Housing Corp, Canada's housing agency. He has degrees in law and management economics and has served on several corporate and charitable boards. An active cyclist, Evan was introduced to the Davis Phinney Foundation after he was diagnosed with Parkinson's in early 2015. Immediately taken by the mission to "live well today," Evan and a group of close friends founded the Growling Beaver Brevet to benefit the Davis Phinney Foundation. In five years, the GBB has become a core supporter of the Foundation and helped us expand our work to help Canadians living with Parkinson's. Recently, the GBB expanded its efforts to benefit Brain Canada Foundation's integrated approach to brain research, addressing the range of neurological disorders, mental illnesses and addictions and brain and spinal cord injuries.



MARIA SHEPERTYCKI, PTA

Maria Shepertycki is a teacher and choreographer with The School of Dance and a Physiotherapy Assistant (PTA) for a select number of private physiotherapy practices in Ottawa. As a PTA, Maria provides treatment activities specifically for people with Parkinson's under the direction of LSVT Big! and PWR! clinicians.



ANGELA SUPINO, MA

Angela Supino has trained as a counselor and therapist with a concentration on individual counseling. She has worked with Parkinson Canada in the Ottawa office for 10 years as a part-time counselor. In her role, Angela guides those who are experiencing difficult situations to reach solutions and to manage the emotional and psychological impact of living with Parkinson's. Additionally, she is a Parkinson's and care partner support group facilitator which has helped her understand the demands of Parkinson's, people's resiliency and coping strategies in the face of these demands and the opportunities available to help them have an empowered and fulfilling quality of life.



CHRISTOPHER TAROLLI, MD

Dr. Tarolli graduated from Syracuse University in 2003 and received his MD from SUNY Downstate College of Medicine in 2012. He completed his internship in internal medicine and residency in neurology at the University of Rochester Medical Center and graduated in 2016. Dr. Tarolli completed a fellowship in movement disorders and experimental therapeutics of neurological disease in 2018. He joined the faculty in 2018 and specializes in the care of individuals with Parkinson's, atypical parkinsonian syndromes and Huntington's disease. Beyond clinical work, Dr. Tarolli is a neurological educator and is the Associate Director of the Mind, Brain, Behavior neuroscience course at the University of Rochester School of Medicine and Dentistry. He is also involved in clinical research focused on novel technologies, practice-based research and palliative care in individuals with Parkinson's and other movement disorders.



CHRIS WEISSBACH, CEP, NCCP

Chris Weissbach is a former competitive and champion amateur boxer. He is the Founder and Head Coach of Phoenix Boxing and an Exercise Physiologist with the Canadian Society of Exercise Physiology. He has been coaching and teaching boxing training for health, fitness and sport performance for over 20 years. In 2016, he created and began Phoenix Boxing's unique Knock-Out Parkinson's program for those diagnosed with Parkinson's and has been featured on CBC Television and Radio.



**CONNECT THE
COMMUNITY.**



MEET OUR AMBASSADORS

Davis Phinney Foundation Ambassadors are Parkinson's advocates that connect with people locally and digitally to help them live well. Ambassadors are available to discuss tools and strategies for improving quality of life with support groups, individuals, families and healthcare professionals. Ambassadors speak on the subject of wellness at local Parkinson's events and support groups, and they also meet one-on-one with individuals and families.

Connect with one of our ambassadors to ask questions, discover new resources and get advice directly from people living with Parkinson's.

Want to join our cohort of active, passionate volunteers and use your skills to be an advocate for people with Parkinson's? Our Ambassador application for 2020 is open now! Visit the website below to learn more:

[DPF.org/Ambassadors](https://www.dpf.org/Ambassadors)



AMBASSADORS



AMBASSADOR: Steve Hovey

Location:

Saratoga Springs, NY

Expertise:

Newly Diagnosed

Steve was diagnosed with Parkinson's in 2007 at the age of 50. At the time of diagnosis, Steve did not know anyone with Parkinson's, so he and his wife Nancy took it upon themselves to learn as much as they could about Parkinson's symptoms and treatment. Their search soon led them to the Davis Phinney Foundation, where they learned about the importance of exercise and a healthy lifestyle, something Steve credits as significantly impacting the quality of life he continues to enjoy.

For more information, read Steve's full bio at www.dpf.org/steve-hovey



AMBASSADOR: Patti Burnett

Location:

Dillon, CO

Expertise:

Working with Parkinson's

Patti was diagnosed with Parkinson's in 2013 after experiencing tremors, decreased arm sway and acting out her dreams. After her diagnosis, Patti set out to learn as much as she could about Parkinson's and participated in numerous clinical trials. Patti says that's there seems to be a reason for Parkinson's in her life. It has given her more time to help other people. "I may never kick Parkinson's, but I know that I can live a better life as a better person because of Parkinson's." Patti is up for the adventure and hopes to inspire others by leading by example as well as testimony.

For more information, read Patti's full bio at www.dpf.org/patti-burnett

**THANK YOU TO OUR
PARTNERS**

Parkinson Canada

Parkinson Canada is the national voice of Canadians living with Parkinson's. Our mission is to ease the burden and find a cure through advocacy, education, research and support. We strive to ensure a better life with a brighter future for Canadians living with Parkinson's today and a world without Parkinson's tomorrow.

www.Parkinson.ca



Parkinson Research Consortium

Since 2004, the Parkinson Research Consortium (PRC) has been committed to finding a cure for Parkinson's, and we are steadily gaining ground. Our team of prominent scientists and clinicians are making meaningful progress in understanding the underlying mechanisms of this debilitating condition, developing new pharmacological treatments and introducing innovative ideas into the Canadian healthcare system.

www.OHRI.ca/PRC



Partners Investing in Parkinson's Research

Founded in 2009, PIPR (Partners Investing in Parkinson Research) provides vital funding to support Parkinson's research that helps attract world-class scientists to The Ottawa Hospital. Our community-driven group has raised more than \$1.4 million, enabling access to cutting-edge tools, treatments and specialists. Perhaps most importantly, we bring hope to those who live with Parkinson's.

www.OHFoundation.ca/Parkinson-Research-At-The-Ottawa-Hospital



THANK YOU TO OUR SPONSORS

The Growling Beaver Brevet

The Growling Beaver Brevet made its debut in 2015 to celebrate cycling and to help people with Parkinson's live well today. All fundraising proceeds from this year's event go to supporting the joint work of the Davis Phinney Foundation and Brain Canada. The Growling Beaver Brevet is a social (non-race) ride with 200 cyclists riding 40, 100 or 200 km routes through the scenic Beaver Valley at what should be the height of the fall colours.

www.GrowlingBeaver.com

*The
Growling
Beaver*

COLLINGWOOD • BEAVER VALLEY

Brain Canada

Brain Canada is a national, charitable organization founded 20 years ago. Our vision is to understand the brain, in illness and in health, to improve lives and achieve societal impact. Brain Canada has invested more than \$250 million to support 300 research projects across disciplines involving more than 115 institutions.

www.BrainCanada.ca



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LIVE WELL TODAY: BE CONNECTED

EXHIBITORS AND RESOURCES

Connect with national and local resources in our Exhibitor Hall today. Visit after you check in, before we start the day and during any of the scheduled breaks.

Boxing 4 Health Inc

Boxing 4 Health Inc continues to grow and now has programs running in three locations: Ottawa, Kanata and Smiths Falls.

www.Boxing4Health.com

Brain Canada

Brain Canada is a national charitable organization that enables and supports excellent, innovative, paradigm-changing brain research in Canada.

www.BrainCanada.ca

Concordia University

Located in the vibrant and cosmopolitan city of Montreal, Quebec, Concordia is one of Canada's most innovative, diverse and comprehensive universities.

www.Concordia.ca

Davis Phinney Foundation

National nonprofit helping people with Parkinson's transform their lives by providing tools, resources and inspiration.

www.DPF.org

Eastern Ottawa Resource Centre

Nonprofit organization offering social and community services to older adults and adults with physical disabilities.

www.EORC-Creo.ca/EORC.php

LiquidGym

LiquidGym Rehab and Training Centre, located in Ottawa, is an 8,000 sq. ft. one-of-a-kind complex with hydrotherapy, hydrotraining and land-based therapy.

www.LiquidGym.ca

MapleWishes Foundation

MapleWishes was born of the intent to inspire one another to leave positive and enduring footprints in our wakes.

www.MapleWishes.org

Neurogym Rehabilitation

Neurogym Rehabilitation is a one-of-a-kind international centre for the treatment of movement impairments.

www.NeuroGymRehab.com

One Step Ahead Mobility

One Step Ahead Mobility is dedicated to helping people reach their full physical potential based on their needs and personal goals.

www.OneStepAheadMobility.com

Ottawa West Community Support

Ottawa West Community Support offers a wide variety of services with a common goal of supporting seniors in remaining independent in their homes.

www.OWCS.ca

EXHIBITORS AND RESOURCES

Parkinson Canada

Parkinson Canada is the national voice of Canadians living with Parkinson's. Our mission is to ease the burden and find a cure through advocacy, education, research and support.
www.Parkinson.ca

Parkinson Quebec

A nonprofit organization that serves as a reference for the Parkinson's community and healthcare professionals.
www.ParkinsonQuebec.ca

Parkinson Research Consortium

The Parkinson Research Consortium brings together prominent scientists and clinicians to generate novel findings that will lead to a cure for Parkinson's.
www.OHRI.ca/PRC

Parkinson's Resource Centre

Our mission is to provide resources, programs and services to improve the quality of life and physical well-being of individuals living with Parkinson's.
www.ParkinsonsResourceCentre.org

Partners Investing in Parkinson's Research

PIPR is a community-driven group whose support provides vital funding for Parkinson's research that helps attract world-class specialists to The Ottawa Hospital.
www.OHFoundation.ca/Parkinson-Research-At-The-Ottawa-Hospital

Phoenix Boxing

Ottawa boxing gym offering unique Knock-Out Parkinson's programs designed for people with Parkinson's to FIGHT BACK!
www.PhoenixBoxing.ca

Physio Outaouais Tache Clinic

Our mission at Physio Outaouais is to provide conditions that favor maximal physical rehabilitation of an injured person.
www.PhysioOutaouais.ca

Rock Steady Boxing

Organization giving people with Parkinson's hope by improving their quality of life through a non-contact boxing-based fitness curriculum.
www.RockSteadyBoxing.org

The Cummings Centre

Our mission is to empower and enhance the quality of life of adults age 50 and over by providing dynamic and innovative programs, social services and volunteer opportunities.
www.CummingsCentre.org

The School of Dance

Dance with us in a simple, seated movement sequence celebrating the vastness of Canada.
www.TheSchoolOfDance.ca

The Workshop Dance Studio

Since 2015, the Workshop Dance Studio has been the place for dance and fitness classes in Kemptville.
www.TheWorkshopDanceStudio.com

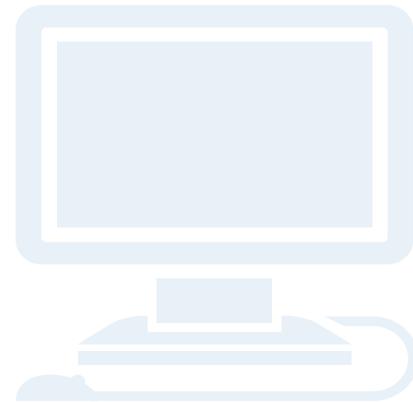


ADDITIONAL RESOURCES

For more information on everything from exercise, treatments, complementary therapies and more, we've created an online resource guide especially for you.

Visit www.dpf.org/vs-resources and you'll find sections on:

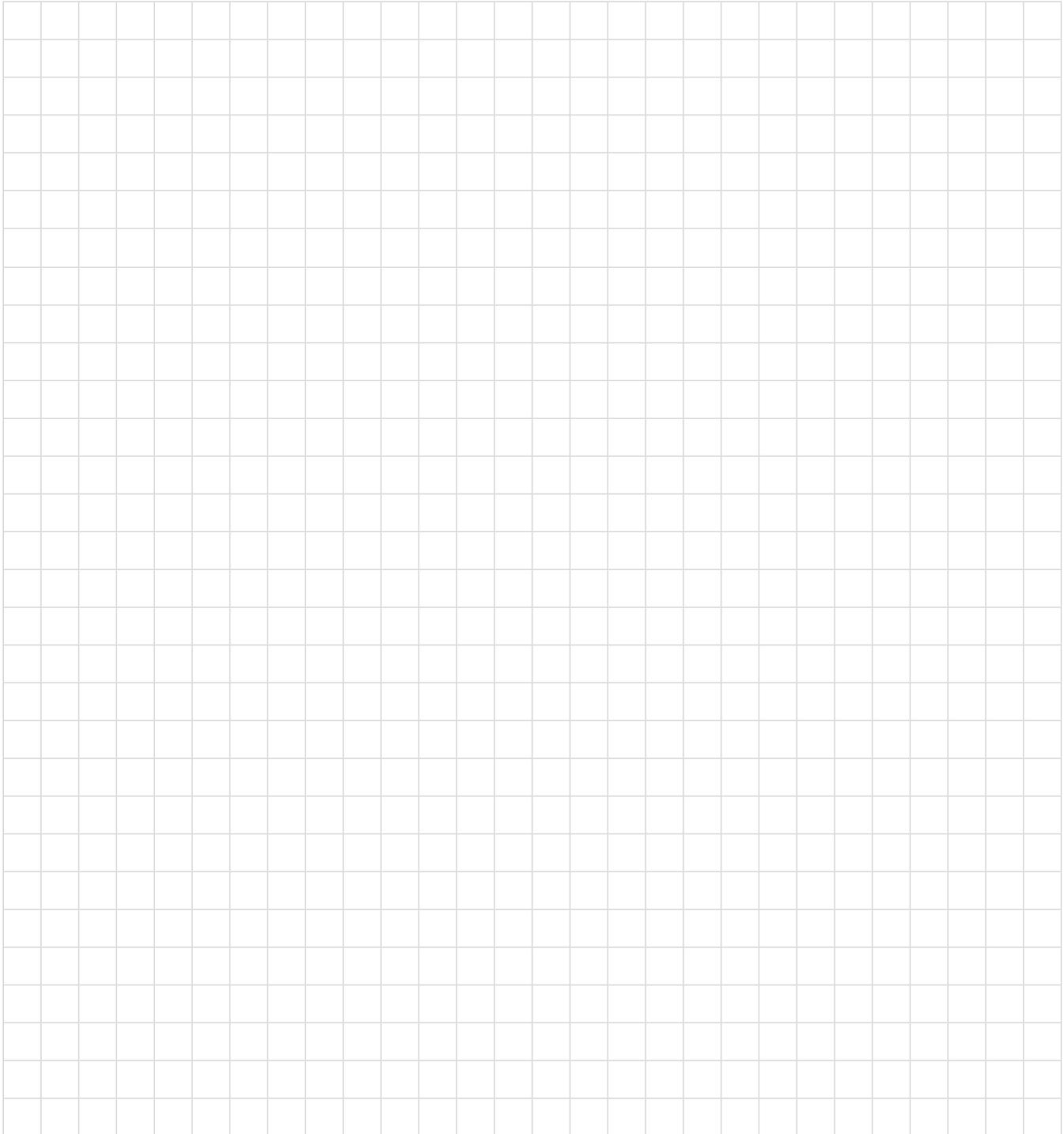
- » Parkinson's tools, techniques and technology
- » Care partners
- » Local and national Parkinson's organizations
- » Parkinson's experts and ambassadors
- » Home safety
- » The Victory Summit® event speakers
- » *Every Victory Counts*® manual
- » And more!

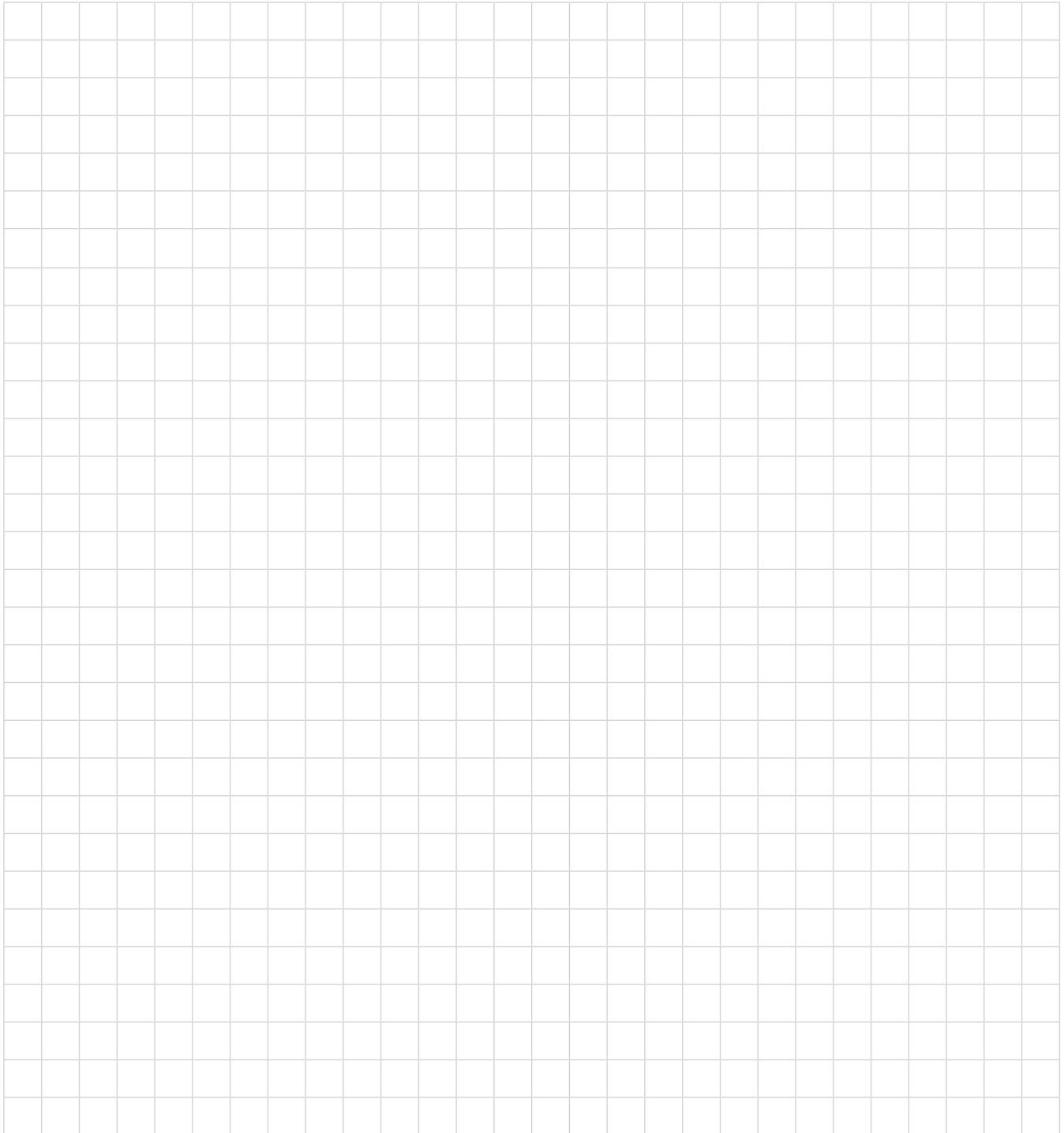


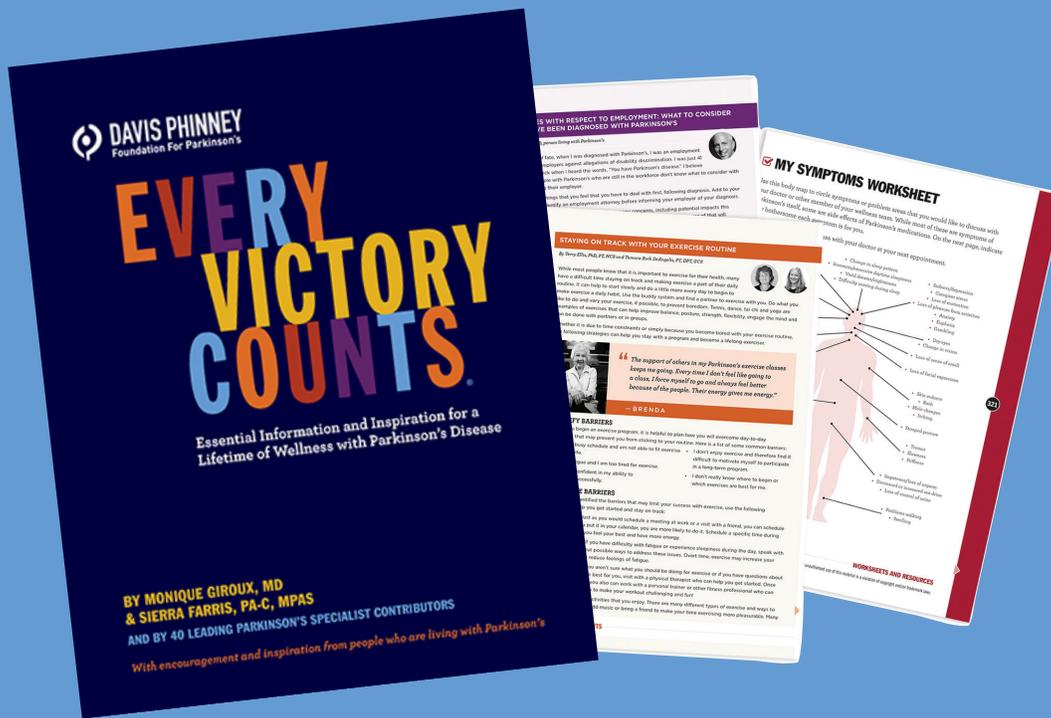
In addition, this guide shares a variety of ways you can take what you learned at The Victory Summit® event and put it into action to live well today and in the future.

NOTES FROM TODAY

Some people with Parkinson's indicate that **using graph paper helps with micrographia** (small handwriting). Try it out here and see if it helps you, too!







Your go-to guide for living well with Parkinson's

- » In-depth information about exercise, nutrition, emotional health, medication, therapies and more
- » Over 30 worksheets you can start using immediately
- » Insights from over 60 Parkinson's advocates, physicians, therapists and scientists



Request a copy or download your eBook today at
EveryVictoryCounts.org or call toll-free (855) 744-6639.

Our presence today in Ottawa was made possible by individuals just like you who made a donation to **“Pay It Forward.”**

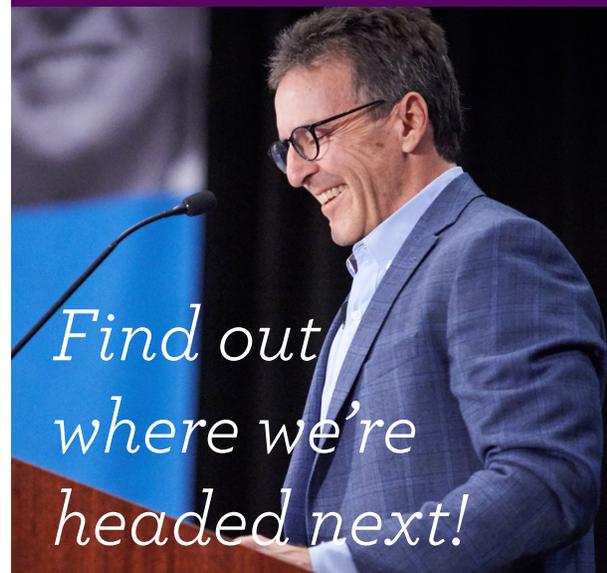
We hope you learned a lot today and maybe even had an “aha” moment or two. With your tax-deductible donation to the Davis Phinney Foundation, you can be a part of creating these kinds of “aha” moments in our next city!

Contributions can be made via the envelopes on your table, online at www.dpf.org/donate or by telephone at (866) 358-0285.

Thank you for helping us continue to create these inspirational events.



Polly Dawkins, Executive Director



*Find out
where we're
headed next!*

THE VICTORY SUMMIT EVENT – UPCOMING CITIES

Know someone who you think should attend The Victory Summit event? Check out our list of upcoming cities to refer a friend to this day of information and inspiration!

Learn more about upcoming events at dpf.org/vs.

Tucson, AZ

December 14, 2019

Baton Rouge, LA

TBD – Spring 2020

Lincoln, NE

TBD – Spring 2020

LIVE WELL TODAY: BE ACTIVE



ACTION STEPS

Celebrating Moments of Victory

- Strengthen ties to your community and tap into local resources to help you reach your goals
- Find your inner-strength; pledge to make tomorrow better than today
- Commit to some form of exercise; a little is better than none
- Look for examples of people who can serve as role models and let their successes provide you with hope and optimism

Not Just the Shakes: Non-motor Symptoms

- Commit to exercise – go for a walk, find a class, join a gym, get a treadmill
- Update a medication list to keep in your wallet/purse
- Connect with your Parkinson’s community
- Recognize at least one non-motor symptom to discuss with your physician

Cognitive Challenges & What to Do About Them

- Ask to be screened for cognitive abilities routinely
- Grow your healthy coping toolbox
- Engage in cognitive exercise
- Engage in physical exercise as tolerated

How to Exercise Safely and Consistently While Living with Parkinson's

- Use exercise to help you move better throughout the day
- Challenge your body and your brain on a daily basis
- Use exercise and activity as a way to build a relationship with yourself (Check in! Connect! Pay attention!)

Living Well

- Identify two strategies to improve your key relationships
- Choose at least one nutritional or activity change to improve your physical health or safety
- Give thanks
- Laugh more

**HOW WILL YOU
LIVE WELL TODAY?**



PARTNERS



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every victory counts®