9:00 – 9:10  Welcome and Agenda  
Polly Dawkins, Executive Director, Davis Phinney Foundation Ambassador (Louisville, CO)

9:10 – 9:30  Every Victory Counts®  
Davis Phinney, Founder, Davis Phinney Foundation (Louisville, CO)  
Connie Carpenter Phinney, Founder, Davis Phinney Foundation (Louisville, CO)

9:30 – 10:15  Stress Management, Mindfulness, and Parkinson’s  
Brian Luke Seaward, Inspiration Unlimited, Paramount Wellness Institute (Boulder, CO)

10:15 – 10:20  Screen Break  
Step away, stretch, use the restroom, take care of what you need

10:20 – 11:20  Managing Depression and Anxiety in Parkinson’s  
Gregory Pontone, MD, MHS, Director, Parkinson’s Disease Neuropsychiatry Clinic; Associate Professor of Psychiatry and Behavioral Sciences – Johns Hopkins University (Baltimore, MD)

11:20 – 11:30  Movement Break – Boxing  
Melissa Tafoya, Head Coach and Affiliate Owner, Rock Steady Boxing San Francisco (San Francisco, CA)

11:30 – 12:30  Music and Rhythm for Parkinson’s: Improving Physical and Mental Wellbeing  
Alex Pantelyat, MD, Director, Atypical Parkinsonism Center, Assistant Professor of Neurology – Johns Hopkins University (Baltimore, MD)

12:30 – 12:45  Recap and Takeaways  
Davis and Connie Carpenter Phinney, and Polly Dawkins

12:45 – 12:50  Closing Remarks  
Davis and Connie Carpenter Phinney, Davis Phinney Foundation staff, and Ambassadors