

# THE VICTORY SUMMIT® VIRTUAL EVENT AGENDA

## MENTAL HEALTH AND WELLNESS

*All times listed are MDT. To register for this event, visit [dpf.org/vs-mental-health](https://dpf.org/vs-mental-health).*

- 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