

This educational event will provide information to those with Parkinson's disease and their families about the importance of being actively involved in the management of this disease. Managing your Parkinson's disease is key to managing your health. Please join us for this premier event!

All of the presentations identify actions a person with Parkinson's or their caregiver can take to help improve their physical and mental well-being.

This event is a joint effort of:

- Delmarva Parkinson's Alliance
- Beebe Medical Center
- Johns Hopkins University
- University of Pennsylvania
- University of Delaware
- Parkinson Foundation of the National Capital Area (PFNCA)
- National Parkinson's Foundation (NPF)
- American Parkinson's Disease Association (APDA)

Accommodations

For accommodations in Lewes, call 877-465-3937 or visit www.leweschamber.com.

For accommodations in Rehoboth Beach, call 800-441-1329 or visit www.beach-fun.com

Directions

- Get to Kings Highway (DE Rt. 9 East) which begins in Lewes at Route 1.
- Midway between Rt. 24 on the south and Rt. 9/404 on the north, there is a traffic light with a Wawa Service Station on the north bound side.
- **If coming from the north** turn left at the light by the Wawa onto Dartmouth Dr. which merges onto Rt. 9E/Kings Hwy. Watch for Lewes/Cape May Ferry signs.
- **If coming from the south** turn right where road splits at Community Bank onto Rt. 9E/Kings Highway. Stay in the right lane and watch for Lewes/Cape May Ferry signs.
- Once on Kings Highway/RT. 9E, Cape Henlopen High School is on your left at the light.



Boehringer
Ingelheim



JOHNS HOPKINS

M E D I C I N E

Johns Hopkins Parkinson's Disease
& Movement Disorder Center
A Morris K. Udall Parkinson's Disease
Research Center of Excellence

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Parkinson's Disease & Your Health



November 6, 2010

A Delmarva Parkinson's
Alliance Symposium

Cape Henlopen High School
1250 Kings Highway
Lewes, DE 19958

Symposium Agenda

8:00 am	Registration
9:00 am	Welcoming Remarks <i>Dennis Leebel, Leader Sussex County Parkinson's Group</i>
9:15 am	Deborah Brooks <i>Co-founder Michael J. Fox Foundation</i>
9:45 am	Medical Progress & Your Health <i>Paul Fishman, MD, PhD University of Maryland</i>
10:30 am	Break and Exhibits
10:45 am	Exercise & Your Health <i>Heather Cianci, PT, MS, GCS University of Pennsylvania Good Shepherd Penn Partners</i> <i>Ingrid Pretzer-Aboff, RN, PhD University of Delaware</i>
11:30 am	Your Mood & Your Health <i>Amy Colcher, MD University of Pennsylvania</i>
12:15 pm	Lunch, Networking & Exhibits
1:00 pm	Spirituality & Your Health <i>Patricia Singleton, Staff Chaplain Christiana Care Health Services</i>
1:30 pm	Medications & Your Health <i>Joseph Savitt, MD, PhD Johns Hopkins University</i>

2:15 pm	Break and Exhibits
2:30 pm	Concurrent Sessions
3:30 pm	Wrap Up with Question & Answer Session with Presenters
4:00 pm	Drawing of Door Prizes and Program Concludes

Concurrent Sessions

Session A	Caregiving <i>Susan Hamburger, Chairman of Board Parkinson's Foundation of the National Capital Area</i>
Session B	Deep Brain Stimulation Surgery <i>Fred Lenz, MD, PhD Johns Hopkins University</i>
Session C	Exercise Options & Your Health <i>Ingrid Pretzer-Aboff, RN, PhD University of Delaware</i> <i>Nintendo Wii, Art Cooley, Leader Lower Shore Parkinson's Group</i> <i>Why Dance for Parkinson's Disease an eight minute video presentation Mark Morris Dance Group</i> <i>Relaxation and Chair Exercise Peter Liberto</i>
Session D	Apokyn, a Novel Treatment <i>Marye Kellermann, RN, CRNP</i>
Session E	Parkinson's Action Network <i>Hayley Carpenter, Director of Outreach Parkinson's Action Network</i>

Registration

Cost to register is \$25.00 per person, which includes lunch.

After October 1, registration will be \$50.00.

Registration will close November 1.

Please list the preferred concurrent session for each guest.

Name:

Concurrent Session:

Address:

Address:

Phone:

Email:

Name:

Concurrent Session:

Name:

Concurrent Session:

Name:

Concurrent Session:

Number attending x \$25.00 = total

Please mail check for the total amount along with a completed registration form to:

JHU PDMD Center
601 N. Caroline Street, Suite 5064
Baltimore, MD 21287

For questions call 410-955-8795

Last minute questions call: 302-644-3465