



## **Caring for Parkinson's - Caring for You**

**Saturday, April 14, 8:30 AM to 2:00 PM**

**The Lourie Center – Columbia, SC**

**8:30 AM – 9:25 AM**

Registration, breakfast, yoga and resource area

**9:00 AM – 9:20 AM**

PWR Moves® Demo – **Kelly Brown, Healthy Living Director**, YMCA of Columbia

**9:25 AM – 10:25 AM**

“Parkinson’s Disease 101” - **Dr. Colin McLeod, Movement Disorder Fellow**, MUSC

**10:25 AM – 10:45 AM**

20 minute Restroom Break

**VISIT RESOURCE AREA**

**10:45 AM – 11:35 AM**

“Thriving With Parkinson’s Disease: Helping you Be Your Best Mentally and Emotionally”–  
**Dr. Myriam Sollman, PhD**, Palmetto Health USC Medical Group

**11:35 AM – 12:25 PM**

“Fighting Parkinson’s Disease through Exercise” – **Travis Gawler, PT, DPT**, Palmetto Health USC Medical Group

**12:25 PM – 1:15 PM** Lunch

**12:40 – 1:10 PM**

Rock Steady Soda City Demo - **Elise Matthews and Kylie Godley**, KORE Wellness

**VISIT RESOURCE AREA**

**1:10 PM – 1:55 PM**

“Caring for the Care Partner: *Learn to Thrive, Not Just Survive*” – **Marti Colucci, Dementia Specialist**, Leeza’s Care Connection

**1:55 PM – 2:00 PM**

**Closing remarks** – Ann Marie Obrikat