



“Caring for Parkinson’s - Caring for You” Symposium

Event Agenda

- 9:00 - 9:20 A.M.** Yoga
Aminta St. Onge, 500 E-RYT
- 9:20 - 9:30 A.M.** Welcome
Ann Marie Worman, Executive Director
- 9:30 - 10:25 A.M.** Research & Therapies Update:
Nina M. Browner, M.D., Movement Disorder Specialist
Department of Neurology, UNC at Chapel Hill
- 10:25 - 10:30 A.M.** Transition Break
- ** Don’t forget to visit sponsor websites! **
- 10:30 - 11:00 A.M.** “Nutrition and Parkinson’s disease”
Chantal Otelsberg, MS, RDN, LDN, Dietitian, Levine Jewish Community Center
- 11:00 - 11:05 A.M.** Transition Break
- 11:05 - 11:45 A.M.** Movement Therapy
- Rock Steady Boxing
Suzanne DiOrio, Personal Trainer and Certified Rock Steady Boxing Coach
- PWR!Moves
Susan Wiseman, Physical Therapy Assistant, NASM Certified Personal Trainer,
PWR! Moves certified instructor, & Rock Steady Boxing Coach
- 11:45 - 11:50 A.M.** Transition Break
- ** Don’t forget to visit sponsor websites! **
- 11:50 - 12:45 P.M.** "From Loved One to Caregiver: Transformations that Re-Make Every Caregiver"
Zachary White, PhD with Donna Thomson
- 12:45 - 1:00 P.M.** Event Wrap Up
Ann Marie Worman

Parkinson Association of the Carolinas
2101 Sardis Road North, Suite 102
980-245-2786

pac@parkinsonassociation.org | www.parkinsonassociation.org



About the Speakers

“Gentle Yoga”

Aminta St. Onge 500 E-RYT

Join Aminta St. Onge for a 20 minute Gentle Yoga demonstration. Aminta hosts 3 virtual Gentle Yoga classes every Tuesday through Thursday, and will begin Outdoor Yoga September 19th, at 10AM in Charlotte, NC. In person classes are limited capacity per Governor Roy Cooper’s instruction so please contact Aminta St. Onge at amintasto@carolina.rr.com or PAC at pac@parkinsonassociation.org to reserve a spot. Participants must sign a waiver to participate and are subject to a temperature check upon arrival.

**We encourage participation during Movement Therapy Demonstrations, however, we ask that participants move at their own speed and do so with caution.

“Research & Therapies Update”

Nina M. Browner, M.D., Movement Disorder Specialist

Department of Neurology, UNC at Chapel Hill

Nina Browner, MD is the Associate Professor of Neurology at the University of North Carolina and Director of the Parkinson’s Foundation Center of Excellence at University of North Carolina. Dr. Browner divides her time between patient care and research. Her research interests include gait abnormalities in patients with Parkinson’s disease and cognitive changes in different stages of Parkinson’s disease. In addition to her dual roles of clinician and researcher, Dr. Browner mentors medical students and neurology residents as Neurology Residency Program Director and has been awarded Collin Hall Award in Teaching Excellence from the Department of Neurology at the University of North Carolina, Chapel Hill.

“Nutrition and Parkinson’s disease”

Chantal Otelsberg, MS, RDN, LDN

Licensed Dietician, Levine Jewish Community Center

Chantal Otelsberg is a Registered Dietician and Licensed Dietician Nutritionist. She has practiced medical nutrition therapy and nutrition counseling for four years, and she is passionate about the relationship between food, exercise, and overall well-being. She currently runs her private practice at the Levine Jewish Community Center.

“Rock Steady Boxing Demonstration”

Suzanne DiOrio, ACSM CPT, RSBC, RYT

Personal Trainer, Certified Rock Steady Boxing Coach

Join Personal Trainer and Certified Rock Steady Boxing Coach Suzanne DiOrio with the JCC for her Rock Steady Boxing demonstration. [View her fitness philosophy here.](#)

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“PWR! Moves Demonstration”

Susan Wiseman

AMP It Up Fitness, LLC

Physical Therapy Assistant, NASM Certified Personal Trainer,

PWR! Moves Certified Instructor and Rock Steady Boxing Coach

Join Personal Trainer and owner of AMP It Up Fitness LLC for her PWR! Moves demonstration.

susan@ampitupfitness.com

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"From Loved One to Caregiver: Transformations that Re-Make Every Caregiver”

Zachary White, PhD

Founder of The Unprepared Caregiver/ Co-Author of *The Unexpected Journey of Caregiving*

Zachary White, PhD, is the co-author of “The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver.” He is an award winning university professor who teaches undergraduate and graduate courses addressing topics such as provider-patient communication, caregiver communication, health and illness narratives, digital health literacy, social support and disclosure, and sense making amidst life transitions. As the founder of the caregiver blog and resource “The Unprepared Caregiver” (www.unpreparedcaregiver.com), his original writing voice mixes first-hand experiences, communication expertise, and cultural analysis featuring a care-centered point of view.

Donna Thomson

Co-Author of *The Unexpected Journey of Caregiving*

Donna Thomson is the co-author of “The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver” and the author of “The Four Walls of My Freedom: Lessons I’ve Learned From a Life of Caregiving.” Donna is a patient and family advisor on health research and policy and she teaches family caregivers in Canada how to advocate for care in hospitals and in the community at McMaster University and at Huddol.com. She blogs regularly at THE CAREGIVERS' LIVING ROOM (www.donnathomson.com).

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