

Learn More. Live Better. Parkinson's Symposium

Date/Time: Saturday, March 22, 2025 | 10:00 a.m. – 2:00 p.m. EST (Check-in, Breakfast & Resource Fair open at 9:00 a.m.)

Location: Southwestern Conference Center, 2451 Atrium Way, Nashville, TN 37214

Registration: [Parkinson.org/Nashville](https://parkinson.org/Nashville) or call (770) 450-0792

Symposium Description:

Living with Parkinson's can be challenging, but there are many things you can do to maintain and improve your quality of life. This program will provide you with information to help you find the balance between a proactive approach and wondering what lies ahead.

Learning Objectives:

- Learn about symptoms that people with Parkinson's may experience.
- Understand how lifestyle choices may help people with Parkinson's live their best life.
- Explore how current research supports the benefit of healthy lifestyle choices for people with Parkinson's.

Agenda:

9:00 a.m.	Check-in, Breakfast & Resource Fair
10:00 a.m.	Welcome Laura Lutrick, <i>Parkinson's Foundation</i>
10:10 a.m.	Expert Panel: Latest Research on Lifestyle Factors and Parkinson's Outcomes Moderator: Jessica Stroh, RN, <i>Vanderbilt Neurosciences</i> Amy E. Brown, MD, MS, <i>Vanderbilt University Medical Center</i> Thomas L. Davis, MD, <i>Vanderbilt University Medical Center</i> Lauren Scanlon, PT, DPT, GCS, MSCS, <i>Vanderbilt University Medical Center</i>
11:00 a.m.	Question & Answer Session
11:20 a.m.	Movement Break Beverly Bell, PTA, <i>Optimum Hope! Parkinson's Wellness Program</i>
11:35 a.m.	Lunch Break & Resource Fair
12:00 p.m.	Research Spotlight: DBS-Plus Craig G. van Horne, MD, PhD, <i>Kentucky Neuroscience Institute</i>

	George Quintero, PhD, <i>University of Kentucky Neurorestoration Center</i>
12:30 p.m.	Question & Answer Session
1:00 p.m.	Living Well with Parkinson's: Person with Parkinson's and Care Partner Panel Moderator: Lisa Cate, PD Wellness Club Dean and Kathy Gregory Fatima Karwandyar Ginger Ash Lucas Chang, Vanderbilt Partners for Parkinson's Program
1:55 p.m.	"I Need A Love" Musical Performance Colleen Bridges, M.Ed, NSCA-CPT, Bridges for Parkinson's - Rock Steady Music City/Franklin
2:00 p.m.	Program Ends