

# 8th Annual PARKINSON'S Awareness Conference

Saturday, April 10, 2010  
from 8:30 a.m. to 3:30 p.m.

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Portland Elks #188

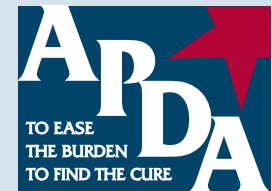
1945 Congress Street, Portland, Maine

The American Parkinson Disease Association's Information & Referral Center and State of Maine Chapter is pleased to present an educational meeting for ALL people who are touched by Parkinson's disease. Our program is designed to educate, inform and inspire those living with PD as well as those who care for them. In addition to a distinguished panel of presenters the conference will also showcase a large number of vendor booths with helpful exhibits and resources.

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American Parkinson Disease Association

# Agenda

8:30 – 9:30 a.m. **Registration & Visit Exhibits**

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9:30 – 9:50 a.m. **Welcome & Introductions**

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10:00 – 10:45 a.m. **Individual and Family Resilience in Parkinson's Disease**

**David Rintell, Ed.D,** *Psychologist, Partners MS Center, Boston, Mass.* will offer insight on coping with Parkinson's disease.

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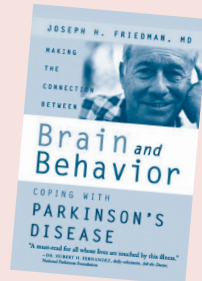
10:45 – 11:00 a.m. **Break**

**Elizabeth Burd,** *Certified Kripalu Yoga Instructor* will lead us through a therapeutic stretch before our refreshment break.

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11:00 – 12:20 p.m. **Making the Connection between Brain & Behavior**

**Keynote Speaker: Joseph H. Friedman, MD,** *Clinical Professor Dept. of Clinical Neurosciences, Brown University Medical School* will explore beyond the brain and nervous system by recognizing the relationship between emotions and adapting to Parkinson's disease.



12:30 – 1:30 p.m. **Lunch & Visit Exhibits**

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1:30 – 2:30 p.m. **Music Therapy**

**Alan Wittenberg, MA, CMT,** *American Music Therapy Association* will lead this fun and therapeutic session. Regardless of your musical ability, you'll learn the many therapeutic benefits of incorporating music to cope with Parkinson disease.

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2:30 – 3:00 p.m. **Exercise & Energize**

**Elizabeth Burd,** *Certified Kripalu Yoga Instructor* will end the day with a therapeutic exercise to energize!

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3:00 – 3:15 p.m. **Closing Remarks**

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3:15 – 3:30 p.m. **Evaluations and Adjourn**

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## DRIVING DIRECTIONS

- **Maine Turnpike / I-95.**
- **Exit 46 toward ME-22 / Jetport / ME-9 / Congress St.**
- **Right onto Skyway Dr.**
- **Turn left onto Johnson Rd. / ME-9.**
- **1945 Congress St. is on the left.**
- **Entrance is directly across from Portland Jetport.**

# R E G I S T R A T I O N F O R M

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Name

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Address

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City

State

Zip

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Daytime Phone

E-mail

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Organization

Clinical Specialty

Check if CME credits needed

**Registration Fee:** \$25 per person (includes lunch) **Make checks payable to:** APDA Parkinson's Information & Referral Center

**Please return to:** APDA Information & Referral Center, 5 Bucknam Road, Suite 1A, Falmouth, ME 04105

*You may pre-register with MasterCard or Visa credit cards by phone or in-person only.*

Tel: 207-781-1735 or TOLL FREE 1-866-609-5183 Fax: 207-781-1546