

EMPOWER U Taking Control of Parkinson's Disease

Presented by Cleveland Clinic, a Parkinson's Foundation Center of Excellence and sponsored by **abbvie**



Saturday, August 29, 2020

8:00am – 9:00am

Connection Test & Exhibit Hall

9:00am – 3:00pm

Empower U Live-streamed Program

A free virtual event.

Participant packets mailed to the first 200 registrants.

Registration required:

<https://gcmd.co/ccfpdempoweru2020>

Or, call Shana Spade at

216-444-9380

Funding for this event provided by:

Platinum Level

abbvie

Gold Level

Medtronic
Further. Together

Silver Level



This education-driven, one-day event provides a positive, interactive approach to helping individuals with Parkinson's disease take control of their disease, maintain their identity and improve their quality of life. The goals of the event will be accomplished through:

- Educational sessions on treatments and updates in Parkinson's disease
- Interactive sessions that introduce rehab therapies, exercise programs and wellness concepts to fight back against Parkinson's disease

This event brings together individuals and families of individuals with Parkinson's disease, caregivers, local Parkinson's disease organizations and medical professionals from across Northeast Ohio – working alongside each other to improve the quality of care and enhance the level of information available to those affected by Parkinson's disease.

Special guest speakers at this year's event include:



Lisa Shulman, MD
Eugenia Brin Professor of Parkinson's Disease and Movement Disorders and Rosalyn Newman Distinguished Scholar in Parkinson Disease University of Maryland



Arman Askari, MD
Founder, Premier Health Advocates Former Cleveland Clinic and University Hospitals cardiologist



Hubert Fernandez, MD
Director, Center for Neurological Restoration, Cleveland Clinic

	TRACK 1	TRACK 2	TRACK 3
8:00 am	Strolling through our Exhibit Hall		
9:00 am	Welcome to EMPOWER U 2020 by Benjamin Walter, MD, MBA		
9:10 am	Mindful Moments with Taylor Rush, PhD		
9:20 am	Voice Warm Up with Christina Makowski MA, CCC-SLP		
9:25 am	Keynote Talk: Using Exercise To Change Your Health Outcomes by Lisa Shulman, MD		
9:55 am	Morning Stretch with Catherine Shaw, RSB, AFAA		
10:05 pm	Exhibit Hall	Rotating Session for all Tracks: Navigating Resources in the PD Community by Annie Wallis, MSW	Special Session for Track 3: Nutritional Impact on Neuroinflammation by Yufang Lin, MD
10:30 am	EMPOWER U Talk: Living Well with PD by Arman Askari, MD		
10:55 am	Special Session for Track 1: Surgical Interventions for PD by Andre Machado, MD, PhD	Exhibit Hall	Rotating Session for all Tracks: Navigating Resources in the PD Community by Annie Wallis, MSW
11:20 am	Empowering Exercise #1 with Ben Rossi, ACE, PWR, DTD		
11:30 am	Empowerment With Therapy with Christina Bebb, DPT, Dee Dee Hesson, OTR/L and Amy Larocca, MA, CCC-SLP		
12:00 pm	Rotating Session for all Tracks: Navigating Resources in the PD Community by Annie Wallis, MSW	Special Session for Track 2: Genetics of PD 101: Knowledge is Power by Ignacio Mata, PhD	Exhibit Hall
12:25 pm	Empowering Exercise #2 Rock Steady Boxing with Maria Pujolas, RN, BSN, CFT		
12:35 pm	Lunch and Exhibit Hall		
1:05 pm	Interactive Sessions		
	Track 1: Technology and PD	Track 2: Updates in PD Research	Track 3: Wellness in PD
1:50 pm	Empowering Exercise #3 with David Zid, BA, ACE, APG & Jackie Russell, RN, BSN, CNOR		
2:00 pm	SPOTLIGHT Talk: Making Medications Work for You: An Update on PD Medications by Hubert H. Fernandez, MD		
2:30 pm	Meet Our Team: Ask the Experts Q&A		