

Exercise for Parkinson's Training for Professionals Agenda



Date: July 14, 2018

Time: 8:30am-4pm

Location: Parkinson's Resources of Oregon
8880 SW Nimbus Avenue Suite B
Beaverton, OR 97008

Webinars: Prior to class, participants have watched the following webinars:
Parkinson's 101 with Matt Brodsky, MD
Exercise for Parkinson's with Laurie King, PhD

Time	Topic
8:30-9:00am	Registration
9:00-9:30am	Welcome and Introduction <ul style="list-style-type: none"> • Welcome to participants • Introduction to the Brian Grant Foundation • Meet your instructor, Jenny Wilhelm
9:30-10:30am	Parkinson's Overview <ul style="list-style-type: none"> • Parkinson's Basics • Common Symptoms • Safety Considerations
10:30-10:45am	Break
10:45-11:30am	Sample Class <ul style="list-style-type: none"> • Exercise Demonstrations
11:30am-12:30pm	Exercise for Parkinson's Fundamentals <ul style="list-style-type: none"> • Research Overview • Activities for Parkinson's • Building A Class
12:30-1:30pm	Lunch <ul style="list-style-type: none"> • Lunch provided on site to participants
1:30-2:30pm	Building A Class <ul style="list-style-type: none"> • Station Building Demonstrations
2:30-3:30pm	Breakout <ul style="list-style-type: none"> • Build Your Own Boot Camp • Small Group Teach Back
3:30-4:00pm	Wrap Up <ul style="list-style-type: none"> • Questions?