REGISTRATION
To register, please complete both sides of this form. You must register in advance for the seminars you plan to attend and return this card along with your payment to the address below by April 26, 2017. Or, register online at www.umm.edu/withinourreach. Seminar space is limited, and each session will be filled on a first-come, first-served basis.

Please remit registration form and payment to:
University of Maryland
Parkinson’s Disease & Movement Disorders Center
Department of Neurology
110 South Paca Street, 3rd Floor
Baltimore, MD 21201

Are you:
□ Care Partner
□ Patient
□ Health Care Worker
□ Other

A.M. Breakout Sessions:
10:00–11:00 am: Choose one
□ Road Map for Self-Efficacy
□ Testing Your Equipment
□ Peaks and Valleys
□ Bumps in the Road

The Movement Health Fair:
11:05 am–1:00 pm (2 sessions)
Join movement specialists for two 40-minute activities. Be sure to sign up because sessions will fill on a first-come, first-served basis, and are capped at 40 people. To help us accommodate as many people’s needs as possible, please rank the sessions in order of your preference from 1 (first preference) to 6 (last preference), keeping in mind your physical abilities. You will be placed in two activities.
L = Low level movement intensity
M = Moderate movement intensity

□ Dance (L-M)  □ LSVT Big & Loud (L-M)
□ Massage Therapy (L)  □ Boxing (M)
□ Tai Chi (L)  □ Yoga (L)

P.M. Breakout Sessions:
1:50–2:50 pm: Choose one
□ Full Disclosure
□ Brains of the Race
□ Not a Trivial Pursuit
□ Care Partner Self Care

Select sessions will be available online following the symposium for those who cannot attend.
Go to www.umm.edu/withinourreach to reserve your spot.

SYMPOSIUM THEME:
RACE AT YOUR OWN PACE

FEATURING GUEST SPEAKER TIM HAGUE, WINNER OF “THE AMAZING RACE, CANADA”

“Ah, but a man’s reach should exceed his grasp,
Or what’s a heaven for?”
—Robert Browning, 1855
Within Our Reach

Parkinson’s Disease Symposium

Friday, May 5, 2017

BWI Airport Marriott
1743 West Nursery Road
Linthicum, MD 21090

11:00 AM–1:00 PM

SYMPOSIUM SCHEDULE OF EVENTS

8:00 AM
The Starting Line
Registration Pick-up nametags and symposium packet

8:25 AM
Settling the Pace: Opening Remarks
Lisa Shulman, MD

9:30-9:45 AM
Trained, Determined, Strong — On His Mark...
Keynote Address
Tim Hague, winner of the "The Amazing Race, Canada" and PD
Mr. Hague's story of courage, determination and the strength and inspiration it will inspire you on your journey, and his amazements about how PD plays a role in his life every day. (Panel)

9:45-10:11 AM
Hiking the Course
Host: Stacy Moore, Executive Director, Promise for Parkinsons

10:00-11:00 AM
READY, SET, GO! BREAKOUT SESSIONS: (choose one)

Patient Sessions:
» Road Map for Self-Efficacy
Learn how to create a plan to change your future so that you can get the best quality of life at all stages of PD.
Host: Lisa Shulman, MD; Karen Galvan, RN; John Shelley, Ph.D

» Peaks and Valleys
Discussion and coping tips for making the best of the emotional ride of PD.
Host: David Goldberg, MD; Michelle Chow, RN

» Testing Your Equipment: Treatment Updates
The latest news on drugs, clinical trials and surgical procedures to treat PD symptoms.
Host: Stephen Rechin, MD; Paul Fishman, MD, PhD

» The Brains of the Race: Cognitive Enhancement
Handling cognitive changes in PD and building skills to cope with them.
Hosts: Liana Rosenthal, MD; Len Schwartz, JD, PwP

» Handling the Road Ahead — It’s JeoParDy!
Reinforce your knowledge of PD terms, treatments and tactics in this lively game-based seminar.
Hosts: Joseph Savitt, MD, PhD; Susan Bucklin, PwP

» Right Hook: Rock Steady Boxing
Learn how to create a plan to take charge of your future so
Hosts: Wendy Oberfeld, LSGW; Lisa Baldino, PwP

» Only Tired Muscles Need Apply: Massage Therapy
Learn how to create a plan to take charge of your future so
Host: Carl Schuetz

» Any Shoes are Dancing Shoes: Dance and PD
Learn how to create a plan to take charge of your future so
Host: Sheryl Gallagher, LMT

» The Race at Your Own Pace
EXCELLENT Speakers: Kaynote and motivational speaker Tim Hague will talk about his experience winning "The Amazing Race, Canada," despite the additional obstacles presented by his PD.

EXPANDED Movement Health Fair: Spend more time improving and improving your resilience, dexterity and muscle memory.

EXCHANGE of Ideas: Break-out sessions bring people together for interactive, lively discussions; enjoy expert moderators and the opportunity to share experiences, challenges and solutions with other PD patients and care partners.

For more information, visit: umm.edu/withinourreach apdaparkinson.org

11:05-1:00 PM
TRAINING TIME: THE MOVEMENT HEALTH FAIR

Join in activities that get you moving to optimize your physical and emotional health. Sessions are led by expert coaches who will have you motivated. Each activity on your reply card based on your preference and physical abilities. Sessions will be capped at 40 people. (Panel)

0 Any Shoes Are Dancing Shoes: Dance and PD
Host: Elinor Tauxe, LCSW-C, BC-DMT, BSA

0 Master of the Martial Arts: Tai Chi
Host: Juan Viaux, MD, PhD

0 Only Tired Muscles Need Apply: Massage Therapy
Host: Mary Gallagher, CMTh

0 Right Hook: Rock Steady Boxing
Host: Elana Strong, Larry Zarzecki

0 LSVT Big & Loud Program
Host: Tita Barnes; Diane Lawing

0 The Brains of the Race: Cognitive Enhancement
Handling cognitive changes in PD and building skills to cope with them.
Hosts: Liana Rosenthal, MD; Len Schwartz, JD, PwP

0 Not a Trivial Pursuit — It’s JeoParDy!
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**Within Our Reach** Parkinson’s Disease Symposium

Friday, May 5, 2017

**BWI Airport Marriott**

1743 West Nursery Road

Linthicum, MD 21090

**Parkinson's Disease Symposium**

Mention the *Within Our Reach* Symposium or visit umm.edu/withinourreach for a Passive-Break tickets. When making reservations at 410-859-8300 you're a patient, care partner or medical professional, you know that treatment is highly individualized.

The theme, “Race at Your Own Pace” encourages Parkinson's patients and their loved ones to set their own course by creating a self-efficacy program which can change their lives. Every mile marker can bring positive change. No matter your race, this symposium will show you how taking or choosing the positive road can strengthen motor and cognitive skills and provide a better quality of life.

The “Race at Your Own Pace” symposium will feature:

- **EXCELLENT Speakers:** Keynote and motivational speaker Tim Hague will talk about his experience winning “The Amazing Race, Canada,” despite the additional obstacles presented by Parkinson’s cases are as different as the patients themselves. Whether you're a patient, care partner or medical professional, you know that treatment is highly individualized.

**SYMPOSIUM SCHEDULE OF EVENTS**

<table>
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<tr>
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<td>Patient Sessions:&lt;br&gt;- Road Map for Self-Efficacy&lt;br&gt;- Peaks and Valleys&lt;br&gt;- Testing Your Equipment: Treatment Updates&lt;br&gt;- Care Partner Session: Sumps in the Road and Shock Absorbers</td>
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L = Low
M = Moderate
H = High

L = Low
M = Moderate
H = High

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☐ Massage Therapy (L)
☐ Boxing (M)
☐ Tai Chi (L)
☐ Yoga (L)

B. Movement Health Fair:
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☐ Tai Chi (L)
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☐ Massage Therapy (L)
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SYMPOSIUM THEME: RACE AT YOUR OWN PACE
FEATUREING GUEST SPEAKER TIM HAGUE,
WINNER OF “THE AMAZING RACE, CANADA”
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**“The Race at Your Own Pace”**

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<td>Lisa Shulman, MD</td>
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<td><strong>8:30–9:30 AM</strong></td>
<td>Session 1: Setting the Pace: Opening Remarks</td>
<td>Stephen Reich, MD; Paul Fishman, MD, PhD</td>
</tr>
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<td><strong>9:30–9:45 AM</strong></td>
<td>Hiking the Course</td>
<td>Lisa Shulman, MD</td>
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<tr>
<td><strong>10:00–11:00 AM</strong></td>
<td>Ready, Set, Go! BREAKOUT SESSIONS: (Choose one)</td>
<td>Hosts: Stephen Reich, MD; Karen Galvin, RN; John Sheehy, PT, PhD</td>
</tr>
<tr>
<td><strong>11:05 AM–1:00 PM</strong></td>
<td>Session 2: Clinical Trials and Surgical Procedures to treat PD symptoms</td>
<td>Lisa Shulman, MD; Karen Galvin, RN; John Sheehy, PT, PhD</td>
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<td><strong>1:00–1:45 PM</strong></td>
<td>Session 3: Extra Mile</td>
<td>Lisa Shulman, MD; Karen Galvin, RN; John Sheehy, PT, PhD</td>
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<td><strong>1:45–2:30 PM</strong></td>
<td>Round Up for Self-Efficacy</td>
<td>Lisa Shulman, MD</td>
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<tr>
<td><strong>2:30–3:15 PM</strong></td>
<td>The Brains of the Race: Cognitive Enhancement</td>
<td>Lisa Shulman, MD; Karen Galvin, RN; John Sheehy, PT, PhD</td>
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<td><strong>3:15–4:00 PM</strong></td>
<td>Full Disclosure</td>
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<td><strong>4:45–5:30 PM</strong></td>
<td>THE MOVEMENT FAIR EXCHANGE OF IDEAS: Break-out sessions</td>
<td>Lisa Shulman, MD</td>
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<td><strong>5:30–6:15 PM</strong></td>
<td>Training Time: The Movement Health Fair</td>
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</tr>
<tr>
<td><strong>6:15–7:00 PM</strong></td>
<td>A night off to reflect and recharge</td>
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**SPEAKERS:**

- Lisa Shulman, MD
- Karen Galvin, RN
- John Sheehy, PT, PhD

**Breakout Sessions**

- Road Map for Self-Efficacy
- Peaks and Valleys
- Testing Your Equipment: Treatment Updates
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- Full Disclosure
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- Any Shoes are Dancing Shoes: Dance and PD
- How To Fail? Trailmix, LCSW, BC-DA, BSA
- Master of the Martial Arts: Tai Chi
- How To Fail? Trailmix, LCSW, BC-DA, BSA
- Only Tired Muscles Need Apply: Massage Therapy
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**EXCELLENT Speakers:**

- Tim Hague
- Lisa Shulman, MD
- Carl Schuetz

**Funding:**

- Donors of $100 or more will receive a special invitation to the Maryland Parkinson’s Disease & Movement Disorders Center, and a special opportunity to mingle with our expert neurologists and contribute ideas to our strategic planning.

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**ATTENDEES:**

- Name
- Email Address
- Ph. Number

**Cost:** $40 per person by April 26, 2017 (includes a boxed lunch and snacks)

Enclosed is my additional donation of $ to the Maryland Parkinson’s Disease and Movement Disorders Center.

Your generous donations support our innovative research to improve the quality of life for people with Parkinson’s Disease. Donors of $100 or more will receive a special invitation to one of our annual Friends of Movement Disorders educational events and reception—a special opportunity to mingle with our expert neurologists and contribute ideas to our strategic planning.