



Edmonton Breakout Sessions

Session #	Title	Description	Presenter
01	Advanced Care Planning	Understand the importance of thinking about and sharing your wishes for future health and personal care. Learn how Advanced Care Planning can help you tell others what would be important if you were ill and unable to communicate.	Dr. Daniela Buttenschoen
02	Managing Anxiety and Depression	Breaking the barriers of what keeps you from enjoying your daily activities and regain your inner strength. Learn how to recognize the signs of depression and anxiety as well as how to manage them.	TBD
03	Nutrition & PD	Good nutrition isn't about denial, it's about making good choices. The first step is to understand how nutrition affects our lives....physically and emotionally. Then find opportunities to make the right choices that can make a real and tangible difference.	Katherine Parent, RNCP, CNP
04	PD & Dance (Session #1 ONLY!)	This <i>interactive</i> session will help you learn how to move with Parkinson's and enjoy dance with various styles of music and steps.	Charlene Heavener, RN
05	PWR! (Session #2 ONLY!)	Learn how exercising with PWR! will help you maintain strength and balance in this fun, energetic and <i>interactive</i> session. Feel more confident, move better and think faster!	Roseanna Clark, BSc PT & Sailaja Bayapaneni, PT/Psychologist