

# Parkinson's Disease Summer School at Bastyr University

## ORIENTATION SCHEDULE

SUNDAY			
11:00-1	Orientation		
	Overnight Participant Check-in		
12:00-1	Day Participant Check-in		
1:30-3	What to Expect: <ul style="list-style-type: none"> <li>• Optimizing the Experience</li> <li>• What to Expect for the Week</li> <li>• Bastyr Welcome</li> <li>• Setting Goals</li> </ul>		
3-5	<table border="1"> <tr> <td>Student Clinician Appointments</td> <td>Reception</td> </tr> </table>	Student Clinician Appointments	Reception
Student Clinician Appointments	Reception		
5:30 -6:30	DINNER		



Times



Meals



Activities



Lectures



# Parkinson's Disease Summer School

## Monday-Friday Morning Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:15-9	Concurrent Break-out Sessions* Yoga Parkinson's Fitness Project PD PT Meditation Qi Gong					
8:30-9:30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-10	What Causes PD? The Science	The Role of Intestinal Health in PD	Why Me? It's Up to Me	How Much Exercise is Enough? What kind of exercise is best?	Communication with Other Providers	
10-10:30		Infection, Digestion, Absorption, & Elminiation: Unique Considerations in PD		How Much Recovery is Possible?	Tips & Tricks for Symptom Management	
10:30-11		SIBO, H pylor, & Leaky Gut		Conditionally-Essential Nutrients in PD (Emphasis on Non-Dietary)	Environmental Health: Do I Need to Detox?	MD & ND Approaches to: Fatigue, Weight loss, Impaired Sleep, Dyskinesia, Cognitive dysfunction, Anxiety, Depression, Constipation, Pain, Drooling, Impaired handwriting, Swallowing Difficulties, Seborrhea, Nausea, Apathy, etc.
11:11:30						
11:30-12	Making Medications Last Longer and Work Better					
12-1	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	

\* Please see your individual itinerary for your assigned session. You will receive your individual itinerary on the first day of the program. Your sessions have been assigned based on your needs and lab results. Please note that other options maybe available and/or assigned to you based on availability.

Times
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# Parkinson's Disease Summer School

## Monday-Friday Afternoon Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1-2	Physical & Support Concurrent Sessions* Chair Massage Support Groups Various Group Exercise Courses				Vendor Fair	Student Clinician Appt.
2-3	Laboratory Interpretation	How to Eat	If & When to Consider Surgical Therapies	Environmental Health: Do I Need to Detox?		
3-4		What to Eat	Singing as Self Care	Dental Health in PD		
4-4:30	Cannabis as a PD Therapeutic	Aging with Vitality	Vocal Exercises	Navigating Neutraceuticals		
4:30-5	Cannabis Industry Considerations		Music as a Therapeutic Strategy	Preventing Parkinson's: Considerations for the Next Generation		
5-6	DINNER	DINNER	DINNER	DINNER		
6-7	Cannabis Dispensary Field Trip	Cooking Demo for PD	Cannabis Dispensary Field Trip	Drum Circle	Drum Circle	
7:30-9						

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