

Parkinson's Disease Summer School at Bastyr University

Orientation August 18, 2019

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

*Check-in will be available throughout orientation

Times
 Meals
 Activities
 Lectures

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Monday August 19, 2019 SCHEDULE

MONDAY	
8-9	Yoga Parkinson's Fitness Project (PFP)/Parkinson's Wellness Recovery (PWR) Qi Gong Meditation
8:30-9:30	BREAKFAST
9:30-10:30	What Causes PD? The Science
10:30-11	Emerging Concepts & Shifting Paradigms
11-11:30	If & When to Start Dopaminergic Medications
11:30-12	Making Medications Last Longer and Work Better
12-1	LUNCH
1-2	Massage (assigned) Feldenkrais Movement Activities
2-3	Laboratory Interpretation
3-4	Cannabis as a PD Therapeutic
4-5	Cannabis Industry Considerations
5-6	DINNER
6-7	Cooking Demo for PD
7-9	Cannabis Dispensary Field Trip

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Tuesday August 20, 2019 SCHEDULE

TUESDAY		
8-9	Yoga PFP/PWR Qi Gong Meditation	
8:30-9:30	BREAKFAST	
9:30-10	Laboratory Interpretation	
10-11	Evaluation of the Microbiome	
11-12	Metabolic Evaluation: SIBO, H pylori & Leaky Gut	
12-1	LUNCH	
1-2	Massage (assigned) Partner Support Group Movement Activities	
2-2:30	How to Eat	
2:30-3	What to Eat: Dietary Approach to PD	
3-3:30	Break	
3:30-5	Aging with Vitality	
5-6	DINNER	
6-8	Cannabis Dispensary Field Trip	Movie Night: <i>What the Health?</i>
7-9		

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Wednesday August 21, 2019 SCHEDULE

WEDNESDAY	
8-9	Yoga PFP/PWR Qi Gong Meditation
8:30-9:30	BREAKFAST
9:30-11	Why Me? It's Up to Me
11-12	Conditionally-Essential Nutrients in PD (Emphasis on Non-Dietary)
12-1	LUNCH
1-2	Massage (assigned) Persons with Parkinson's Support Group Flyfishing Movement Activities
2-3	Navigating Nutraceuticals
3-4	Environmental Health: Do I need to Detox?
4-5	Dental Health in PD
5-6	DINNER
6-7	Drumming for PD Cooking for PD Demo

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Thursday August 22, 2019 SCHEDULE

THURSDAY	
8-9	Yoga PFP/PWR Qi Gong Meditation
8:30-9:30	BREAKFAST
9:30-10:30	The Value of Exercise
10:30-12	How Much Exercise is Enough? What Kind of Exercise is Best?
12-1	LUNCH
1-2	Massage (assigned) Partner Support Group Persons with Parkinson's Support Group Feldenkrais Movement Activities
2-3	If & When to Consider Surgical Therapies
3:30-4	Music as a Therapeutic Strategy
4-5	Vocal Exercises and Singing as Self-care
5-6	DINNER
6-7	Drumming for PD

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Friday August 23, 2019 SCHEDULE

FRIDAY			
8-9	PFP/PWR Qi Gong Meditation		
8:30-9:30	BREAKFAST		
9:30-10	Communication with Other Providers		
10-10:30	Prevention in the Next Generation		
10:30-12	Symptom Management		
12-1	LUNCH		
12:30-2	Massage (assigned)		
1-3	<table border="1"> <tr> <td>Student Clinician Appointments</td> <td>Vendor Fair Chapel Lobby</td> </tr> </table>	Student Clinician Appointments	Vendor Fair Chapel Lobby
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