

# BASTYR UNIVERSITY

## PD School 2018 · Week One Schedule

### SUNDAY, 8/12

Start Time	Activity	Room #	Course Title
Noon	Check-in	Chapel foyer	On Campus Overnight Check In
03:30 PM	Check-in	Chapel foyer	Wine and Appetizers
04:00 PM	Welcome	Chapel	Welcome
05:00 PM	Introductions	Chapel	Introductions
06:00 PM	Dinner	Chapel	Dinner
07:00 PM	Trip	McMennamin's	McMennamin's for Social Hour (Optional)

# BASTYR UNIVERSITY

## PD School 2018 · Week One Schedule

### MONDAY, 8/13

Start Time	Activity	Room #	Course Title	Instructor
8:00 AM	Activity	133	Parkinson's Wellness Recovery / Parkinson's Fitness Project	Dr. Claire McLean
8:00 AM	Activity	Bastyr Garden	Qigong	Lauri Amidon
8:00 AM	Activity	184	Mindfulness Meditation	Dr. John Duda
8:45 AM	BREAK		BREAK	
9:00 AM	BREAKFAST	Dining Commons	BREAKFAST	
9:30 AM	Lecture	146	Housekeeping	Dr. Laurie K Mischley
9:45 AM	Lecture	146	What Causes PD	Dr. John Duda
10:45 AM	Lecture	146	Managing Symptoms	Dr. Laurie K Mischley
11:45 AM	BREAK		BREAK	
12:00 PM	Activity	Bastyr Garden	Recess	
12:45 PM	LUNCH	Dining Commons	LUNCH	
01:30 PM	Bodywork	184	Chair Massage Sessions	Bellevue Massage School
01:30 PM	Bodywork	184	Reflexology	Bellevue Massage School
01:30 PM	Class	133	Partner Massage Class	Diedra Roesijadi
01:30 PM	Bodywork	186	Personal Craniosacral Therapy Sessions	Student Clinicians
01:30 PM	Support group	Chapel	Caregiver Support Group	Karin Duncan
02:30 PM	Lecture	146	Why Me? It's Up to Me	Dr. Magoni
03:30 PM	Lecture	146	Cannabis as a PD Therapeutic	Dr. Jade Stefano
04:30 PM	Q & A Panel	146	Q & A Panel	
05:00 PM	DINNER	Dining Commons	DINNER	
06:00 PM	Trip	Cannabis Dispensary	Cannabis Dispensary / Central Market	

# BASTYR UNIVERSITY

## PD School 2018 · Week One Schedule

### TUESDAY, 8/14

Start Time	Activity	Room #	Course Title	Instructor
8:00 AM	Activity	Chapel	Yoga	Peter Lynch
8:00 AM	Activity	133	Parkinson's Wellness Recovery / Parkinson's Fitness Project	Dr. Nate Coomer
8:00 AM	Activity	184	Mindfulness Meditation w/ Dr. Duda	Dr. John Duda
8:45 AM	BREAK		BREAK	
9:00 AM	BREAKFAST	Dining Commons	BREAKFAST	
9:30 AM	Lecture	146	Interpretation of labs	Dr. Laurie K. Mischley
11:45 AM	BREAK		BREAK	
12:00 PM	Activity	Bastyr Garden	Recess	
12:45 PM	LUNCH	Dining Commons	LUNCH	
01:30 PM	Bodywork	184	Chair Massage Sessions	Bellevue Massage School
01:30 PM	Bodywork	184	Reflexology	Bellevue Massage School
01:30 PM	Class	133	Partner Massage Class	Diedra Roesijadi
01:30 PM	Bodywork	186	Personal Craniosacral Therapy Sessions	Student Clinicians
01:30 PM	Bodywork	Chapel	Support Group	Suzanna Eller
01:30 PM	Activity	Movement Room 25	RevInMo Movement	Mark Heisig
02:30 PM	Lecture	146	Dietary approaches to PD	Dr. John Duda
03:30 PM	Lecture	146	Aging with Vitality	Dr. Russell Marz
05:00 PM	DINNER	Dining Commons	DINNER	
06:00 PM	Activity	Auditorium	Movie Night w Russell	

# BASTYR UNIVERSITY

## PD School 2018 · Week One Schedule

### WEDNESDAY, 8/15

Start Time	Activity	Room #	Course Title	Instructor
8:00 AM	Activity	Chapel / Garden	Yoga from Marz	Dr. Russell Marz
8:00 AM	Activity	133	Parkinson's Wellness Recovery / Parkinson's Fitness Project	Dr. Claire Mclean
8:00 AM	Activity	184	Mindfulness Meditation	Dr. John Duda
8:45 AM	BREAK		BREAK	
9:00 AM	BREAKFAST	Dining Commons	BREAKFAST	
9:30 AM	Lecture	146	Navigating Neutraceuticals	Dr. Laurie K Mischley
10:15 AM	Lecture	146	Environmental Health: Do I Need to Detox?	Dr. Laurie K Mischley
11:00 AM	Lecture	146	Importance of Gastrointestinal Health	Dr. Sam Evans
11:45 AM	BREAK		BREAK	
12:00 PM	Activity	Bastyr Garden	Recess	
12:45 PM	LUNCH	Dining Commons	LUNCH	
01:30 PM	Bodywork	184	Chair Massage Sessions	Bellevue Massage School
01:30 PM	Bodywork	186	Personal Craniosacral Therapy Sessions	Student Clinicians
01:30 PM	Bodywork	133	Partner Massage Class	Deidra Roesijadi
01:30 PM	Activity	Movement Room 25	RevInMo Movement	Mark Heisig
01:30 PM	Activity	Outside by Volleyball Court	Fly Casting (if necessary)	Karin Duncan
02:30 PM	Q&A	146	When & why to consider DBS, pumps, & focused ultrasound	Dr. Matthew Brodsky
03:15 PM	Lecture	146	Music in Therapy	Dr. Matthew Brodsky
04:30 PM	Lecture	Chapel	Singing as Self Care	Fran Schopick
05:00 PM	DINNER	Dining Commons	DINNER	
06:00 PM	Activity	Chapel	DRUM Circle	

# BASTYR UNIVERSITY

## PD School 2018 · Week One Schedule

### THURSDAY, 8/16

Start Time	Activity	Room #	Course Title	Instructor
8:00 AM	Activity	133	Parkinson's Wellness Recovery / Parkinson's Fitness Project	Dr. Nate Coomer
8:00 AM	Activity	184	Mindfulness Meditation	Dr. John Duda
8:00 AM	Activity	Chapel	Yoga for Parkinson's	Peter Lynch
8:45 AM	BREAK		BREAK	
9 AM	BREAKFAST	Dining Commons	BREAKFAST	
9:30 AM	Lecture	146	Exercise in PD, Why It's Important	Dr. Nate Coomer
10:15 AM	Lecture	146	SIBO	Dr. Samantha Evans
11:00 AM	Lecture	146	Take Home Prescriptions, Individualized Treatment Plans	Dr. John Duda
11:45 AM	BREAK		BREAK	
12:00 PM	Activity	Bastyr Garden	Recess	
12:45 PM	LUNCH	Dining Commons	LUNCH	
01:30 PM	Bodywork	184	Chair Massage Sessions	Bellevue Massage School
01:30 PM	Bodywork	184	Reflexology	Bellevue Massage School
01:30 PM	Class	133	Partner Massage Class	Diedra Roesijadi
01:30 PM	Bodywork	186	Personal Craniosacral Therapy Sessions	Student Clinicians
01:30 PM	Support group	Chapel	Caregiver Support Group	Karin Duncan
01:30 PM	Activity	Movement Room 25	RevInMo Movement	Mark Heisig
02:30 AM	Lecture	146	Integrative Medicine	Dr. John Duda
03:30 PM	Group	146	Wisdom from the Real Experts: Teaching Each Other	PD Experts
05:00 PM	DINNER	Dining Commons	DINNER	

# BASTYR UNIVERSITY

## PD School 2018 · Week One Schedule

### FRIDAY, 8/17

Start Time	Activity	Room #	Course Title	Instructor
8:00 AM	Activity	133	Parkinson's Wellness Recovery / Parkinson's Fitness Project	Dr. Nate Coomer
8:00 AM	Activity	184	Mindfulness Meditation w/ Dr. Duda	Dr. John Duda
8:45 AM	BREAK		BREAK	
9:00 AM	BREAKFAST	Dining Commons	BREAKFAST	
9:30 AM – 2 PM	Vendor Fair	Chapel Lobby	Vendor Fair	
9:30 AM	Appointments	CRC	Individual Appointments (Eight 20 minute appointments)	Dr. Laurie K Mischley
9:30 AM	Appointments	CRC	Individual Appointments (Eight 20 minute appointments)	Dr. Samantha E Evans
9:30 AM	Appointments	CRC	Individual Appointments (Eight 20 minute appointments)	Dr. John Duda
9:30 AM	Appointments	CRC	Individual Appointments (Eight 20 minute appointments)	Dr. Nate Coomer
9:30 AM	Appointments	CRC	Individual Appointments (Eight 20 minute appointments)	Dr. Rachel Bennett
12:45 PM	CLOSING	Chapel	CLOSING CEREMONY AND LUNCH	
01:30 PM	Activity	Movement Room 25	RevInMo Movement	Mark Heisig
02:00 PM	Checkouts	Chapel Lobby	Checkouts	