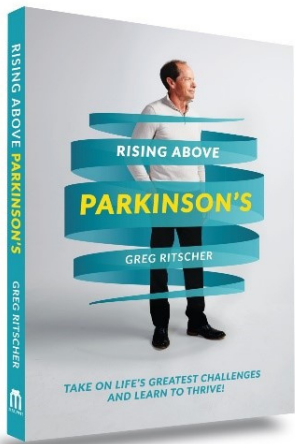




**Featuring Key Note Speaker and  
Author - Greg Ritscher**



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**PARKINSON**  
ASSOCIATION OF ALABAMA, INC.

## EAST CENTRAL ALABAMA REGIONAL PARKINSON'S EDUCATIONAL SYMPOSIUM

**WEDNESDAY - APRIL 5, 2023**

10AM - 2PM

### **RUSSELL MEDICAL CENTER**

HARDY MEETING ROOM

3316 U.S. HWY 280

ALEXANDER CITY AL 35010

### **REGISTER ONLINE**

[HTTPS://WWW.PARKINSONALABAMA.COM  
/CE-AL-PD-SUMMIT](https://www.parkinsonalabama.com/ce-al-pd-summit)

### **QUESTIONS?**

STEVE SAIN

[STEVE.SAIN@SAINENG.COM](mailto:STEVE.SAIN@SAINENG.COM)

1.205.249.5300

# AGENDA

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**10AM:** **Welcome and Opening Remarks**, Steve Sain, Support Group Co-Facilitator  
**Welcome to Russell Medical**, Jim Peace, CEO, Russell Medical Center  
**Parkinson Association of Alabama**, Brooklyn White, Director of Programs

**11:15 AM Break - Time to Move and Stretch / Complimentary Lunch**

**12:00 PM Parkinson's Foundation**, Stacey Faber, Senior Development Director  
**Keynote Presentation:** "Rising to Life's Occasions", Greg Ritscher  
**Support Groups Overview**, Carolyn Harris and Kathryn "Kat" West  
**Q&A / Discussion**, Thank You's and Evaluation Survey

**2 PM Adjourn - Safe Travels Home**

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Do you or a loved one, or a healthcare client have Parkinson's disease (PD)? Do you understand it? Do you know anyone else with PD who can mentor you through the complicated myriad of medications & exercises? Are you fully aware of FDA clinical trials and/or elective surgical options which can help to slow your progression? In addition to your neurologist, wouldn't it help to have a group of friends with which to compare notes on things like what works and what's a waste of time?

This regional symposium, sanctioned by the Parkinson Association of Alabama and the Parkinson's Foundation, and hosted by Russell Medical, will educate you on all of of this by seasoned experts as well as those battling PD just like you. You'll come away with more free PD resources than you can carry in one trip to your car.

Plus, perhaps more importantly, you'll meet all kinds of new people and make new friends who you can lean-on if ever needed... caregivers, physicians, nurses, pharmacists, physical therapists, fitness trainers, and most importantly PD patients just like you.

You'll hear from Greg Ritscher, PD patient and author of "Rising Above Parkinson's." You'll even go home with a personally autographed copy of Greg's book at no cost to you. Register today online at <https://www.parkinsonalabama.com/ce-al-pd-summit>



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