

PARKINSON'S DISEASE EDUCATION SEMINAR PROGRAM				
TIME	TOPIC		DURATION	SPEAKER
8:00am	Registration opens - Tea & Coffee available		30	EXHIBITION OPEN
8:30am	Welcome		10	Kate Everitt
	Host - Samantha Bowden			
8:40am	The ABC of Parkinson's - Medication, Bowel & Bladder		30	Amy Jones
9:10am	Nutrition		30	Lauren Roberts
9:40am	Exercise is Power		30	Luisseach Walsh & Kirsten Freeman
10:10am	MORNING TEA BREAK		30	EXHIBITION OPEN
10:40am	Intimate Relationships & Sexuality		30	Amy Jones
11:10am	Sleep Hygiene		30	Dr Leander Mitchell
11:30am	WORKSHOPS COMMENCE			
	NON-CONTACT BOXING	PD WARRIOR	NUTRITION	MEDITATION
	SKY LOUNGE Level One (1)		KITTYHAWK ROOM Ground Floor	THE LIBRARY Level One (1)
	Session 1	Session 2	Session 1 & 2	Session 1 & 2
	Deborah Meade It's about FUN! 20 min session	Luisseach Walsh Find your inner WARRIOR!	Lauren Roberts Nutrition & PD	Dr. Leander Mitchell Clinical Psychologist Meditation & Relaxation Techniques
	Workshops will run for 25mins (each session)			
	DELEGATES RETURN TO KITTYHAWK ROOM FOR LUNCH			
12:30pm	LUNCH BREAK - KITTYHAWK ROOM		45	EXHIBITION OPEN
1:15pm	PANEL DISCUSSION			
	Panelist 1 - Chair	Panelist 2	Panelist 3	Panelist 4
	Nursing	Physiotherapist	Sports Scientists/PT	Neuropsychologist
	Amy Jones	Luisseach Walsh	Kirsten Freeman	Dr Leander Mitchell
1:50pm	Close			Kate Everitt
2:00pm	SEMINAR CLOSES			