

Topics & Schedule 11.14.2020

Achieving a Happy and Healthy Life with Parkinson's Disease:
For Patient and Supporter Well-Being in Everyday Life
Supported by a community grant from the Parkinson's Foundation.

9:00am-9:30am - Welcome & Introduction

Melanie Brennan, PT, DPT ExercisAbilities Founder/CEO &
Maria Serbus, OTR/L (ExercisAbilities)

9:30am-10:00am - Medical Information Related to Health & Wellness

Elizabeth Coon, MD & Philip Tipton, MD (Mayo Clinic Movement Disorders Clinic)

10:00am-10:30am - Balance

Lisa Bailey, PT (ExercisAbilities)
Students from Mayo Clinic School of Health Sciences Physical Therapy

10:30am-11:00am - Nutrition: Increase Your Fiber

Laurie Brengman, RDN/LD (ExercisAbilities)

11:00am-11:30am - Stress Reduction & Brain Health

Maria Serbus, OTR/L (ExercisAbilities)

11:30am-12:00pm - Caregiver Support

Holly Brown (Elder Network) with Chuck and Dorey Johnson (Person with PD and spouse)

12:00pm-12:30pm - Evidence Based Fitness and Parkinson's Disease

Zach Curry, Health Coach, CPT & Rio Bentley, PT, DPT (ExercisAbilities)

12:30pm-1:00pm - Home & Community Safety

Maria Serbus, OTR/L (ExercisAbilities)
Students from the University of Minnesota Occupational Therapy Program

1:00pm-1:15pm - Closing & Questions



Making healthy, happy, and independent possible for EVERYONE!

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“If we had a pill that contained all the benefits of exercise, it would be the most widely prescribed drug in the world”

Ronald M. Davis, M.D. President AMA

Regular physical activity at the correct intensity:

- Reduces the risk of heart disease by 40%.
- Lowers the risk of stroke by 27%.
- Reduces the incidence of diabetes by almost 50%.
- Reduces the incidence of high blood pressure by almost 50%.
- Can reduce mortality and the risk of recurrent breast cancer by almost 50%.
- Can lower the risk of colon cancer by over 60%.
- Can reduce the risk of developing of Alzheimer’s disease by one-third.
- Can decrease depression as effectively as Prozac or behavioral therapy.

