



Calgary Breakout Sessions

Session #	Title	Description	Presenter
01	Advanced Care Planning – Who will Speak for You? (Session #1 ONLY!)	What is advance care planning and why is it important? By the end of the presentation you will have thought about your personal values, have an understanding to begin planning for your care when you are unable to speak for yourself and be convinced you need a personal directive.	Sigrid Wili , co-founder of Dying with Dignity, Calgary Chapter
02	PD & Food-Based Therapies (Session #1 ONLY!)	Nutrition plays a significant role in our health, and is an essential aspect of the management of the symptoms of Parkinson disease and other neurological conditions. In this presentation you will learn about the importance of adequate fluid intake and physical activity as well as be provided tips to help individuals and families better manage the symptoms of Parkinson's through nutrition.	Nora Heighton - RD, Chronic Disease Management Dietitian
03	Cognition: Normal Aging vs Aging w/PD (Session #2 ONLY!)	In this presentation you will learn about the similarities and differences of aging with and without Parkinson disease. What should you worry about? What shouldn't you worry about? And what can you do about it?	Dr. Aaron Mackie - FRCPC, Fellowship in Neuropsychiatry
04	Music Therapy & PD (Session #2 ONLY!)	This interactive presentation will discuss how music therapy can encourage the brain and body to connect through improvisation, rhythmic auditory stimulation or therapeutic singing, and how the musical element of rhythm can be used to treat Parkinson disease.	Fleur Hughes , MMT, MTA, MT-BC, NMT