

From: Your friends at Parkinson Society Southwestern Ontario (info@pssso.ca)

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We're approaching the final preparation steps of our Living Well Conference in the Central region. We have two fantastic presenters, great table vendors for attendees to visit, and a high-energy movement break planned. Our thanks to everyone who has already registered!

One of the last things on the list is letting the caterer know how many meals to be ready to serve. And that's where we need your help!

Registering today (or at least by Monday the 24th) would be a massive help and enable to give our amazing caterer a better idea of what numbers may look like on April 4th when we're all hungry!

We're looking forward to hearing talks by two fantastic presenters. Dr. Deepa Dash of Western University, no stranger to the PSSO conference stage, and Dr. Reina Persaud also hailing from London Ontario will be joining us. Between the two presentations, our conference attendees will participate in a Motion Break. After lunch, there will be an opportunity to listen to a moderated fireside chat with our distinguished speakers and contribute to an interactive Q&A session.

This full-day, in-person event is an opportunity to connect with others in the Parkinson's community and hear from expert speakers on topics designed to help you live well with Parkinson's disease.

Register for this conference today (get your lunch order in)!

Location

Lion's Auditorium - Tillsonburg Community Centre, 45 Hardy Avenue, Tillsonburg. There's plenty of parking and an elevator at the East Entrance.

Registration table opens at 9AM

Come early, pick up a name tag, circle the vendor tables, meet research students for Western and Waterloo, grab a muffin/tea/coffee, find the perfect seat!

Movement Break (breaking news)

We're looking forward to being led by fitness instructor Donna Burditt for our movement break! With 35 years experience in the industry and having provided instruction at many other events, Donna will ensure that we get some movement happening between speakers. Whether standing or seated this break is for everyone!

Conference Topics

How the non-motor symptoms of PD affect Mental Health

Persons living with PD may experience symptoms that affect their mental health. Dr. Dash's talk will provide a general overview of the possible non-motor symptoms of Parkinson's and we will explore ways to attempt to mitigate those affects by offering suggestions to improve quality of life. She will be sharing definitions and suggesting therapeutic coping mechanisms for each of the following:

- Anxiety
- Depression
- Apathy