

# Coping with Parkinson's Disease

Parkinson's Disease Seminar



Are you or a family member living with Parkinson's disease?

Join us as we discuss how to optimize life physically, functionally, and emotionally while living with Parkinson's disease.

**Wednesday, November 17**

**11 a.m. – Noon**

**Presentation and Q & A**

**Miami County YMCA Robinson Branch**

3060 S. County Rd. 25A, Troy, OH 45373

Upper Valley Medical Center physical therapists specializing in the treatment of Parkinson's disease will address how to cope with the disease by making changes in lifestyle through nutrition, activities of daily living, exercise, and stress management.

The seminar is FREE and open to the public. Space is limited. *For further information, please call (937) 492-0270.*



To register, please call  
**(937) 440-9622, ext. 126.**

## Our Featured Speakers:



**Paul Kremer, PT** is a physical therapist at UVMC-Sidney Center and has been practicing since 2007. He is both an LSVT certified clinician and a Delay the Disease™ certified instructor.



**Lauren Seger, PT** is a physical therapist at UVMC main campus and has been practicing since 2012. She is both an LSVT certified clinician and a Delay the Disease™ certified instructor.