

Parkinson's Boot Camp

Tuesday, October 2, 2012, 8:30 a.m. – 4 p.m.

SCRIPPS CENTER FOR INTEGRATIVE MEDICINE
10820 N. Torrey Pines Rd.
La Jolla, CA 92037



Melissa Houser, MD, is director of the Scripps Clinic Parkinson's Disease & Movement Disorders Center, with office locations in Torrey Pines and Rancho Bernardo. She is one of the few fellowship trained movement disorders specialists in the San Diego area. Her research interests include dementia in Parkinson's disease and the treatment of movement disorders using deep brain stimulation.

Join neurologist Melissa Houser, MD, and a team of health care professionals as they present a full day of education and fun activities for people with Parkinson's disease.

Highlights will include:

- Presentations on the psychological impact of Parkinson's, the benefits of exercise and positive attitude, dietary considerations and integrative approaches to treatment.
- Information on the role of rehabilitation care for Parkinson's, including speech and swallowing concerns and the benefits of physical therapy.
- An update on the various treatment options for Parkinson's.
- Activities such as cardiovascular and strength training; balance and flexibility; and gait, posture and balance assessments.
- Yoga and meditation exercises.

Space is limited; to reserve your seat, call Teresa Hodge at 858-554-4796. Cost is \$25 per person or \$50 per couple, which includes lunch. Registration is not complete until a check has been mailed to:

Scripps Center for Integrative Medicine
ATTN: Teresa Hodge
10820 N. Torrey Pines Rd.
La Jolla, CA 92037

*Please make checks payable to Shiley Sports and Health Center

