

Bay Area Parkinson's Symposium

Think Outside The Box! Join our panel of experts for a **FREE** Interactive Education Event focused on simple, effective self-care strategies for Parkinson's Disease including:

- Tips for Prevention and Reversal of Parkinson's Disease
- Alternative & Complementary Treatment Strategies
- The Role of Physical Activity, Diet, Environment, and Lifestyle
- Mind-Body Connection including Mental, Emotional, & Spiritual links
- The Latest Biotech Breakthroughs with application for PD

WHEN? SUNDAY, AUGUST 25th 2 – 5 PM

WHERE? Elevate Performance & PT
Bayport Plaza, 643 Bair Island Road, Suite 103, Redwood City, CA

WHO? People with Parkinson's Disease & their families, medical & healthcare providers and wellness professionals.

Registration begins at 1:15 pm.

The FUN includes trying yoga, meditation & PD-specific exercises, a chance to win a Raffle Prize, light refreshments, product demonstrations, and the chance to enroll in a new PD integrative program.

Space is limited so **RSVP** is appreciated: info@elevate-performance.com
Contact us at **650.346.8779** with questions

