



# Summer Lecture Series

2017

Friday, June 23<sup>rd</sup>

## SLEEP AND PARKINSON'S

*Presented by: Toby Yalho, MD*

Sleep disturbances are a common problem for individuals with Parkinson's disease. This presentation will discuss sleep abnormalities, sleep issues related to prodromal PD, impact on cognition, effective management approaches and techniques for maintaining healthy sleep habits.

Saturday, July 15<sup>th</sup>

## LIVING WELL WITH PD

*Presented by: Jiji Arcilla, RYT,  
Virginia Beauchamp, MT-BC and Stan Merrill*

Successful long-term disease management involves incorporating various strategies that focus not only on symptom control, but on self-care. This session will highlight the role of meditation, yoga and music therapy in practical ways that individuals can implement while living well with Parkinson's.

**10 - 11:30 am     United Way 50 Waugh Drive Houston, TX 77007**

These events are free of charge. Space is limited. Please RSVP at [hapsonline.org](http://hapsonline.org) or 713-626-7114.

Houston Area Parkinson Society