

**Saturday, May 3, 2025**  
**Help for Parkinson's**  
**Living Well With Parkinson's Conference**  
**at the Clifton Park YMCA**  
**from 9:00 am to 1:00**

**Agenda**

Registration & Marketplace	8:30
Kick-off Movement break – Yoga	9:00
Welcome Remark & Speaker “Fatigue and Parkinson's”	9:15
Speaker – speech, swallowing, and choking	9:45
Speaker – Adaptive equipment and clothing	10:15
Movement break – Dance	10:45
Speaker Three – Capital District YMCA	11:00
Speaker Four – Saratoga YMCA	11:20
Panel Discussion	11:45
Movement Break - Boxing	12:15
Marketplace	12:30