



PMD Alliance

Parkinson & Movement Disorder Alliance



Welcome to our IN SYNC!® Roundtable!



Collaboration Agreements



**Mute Your Mic
When Necessary**



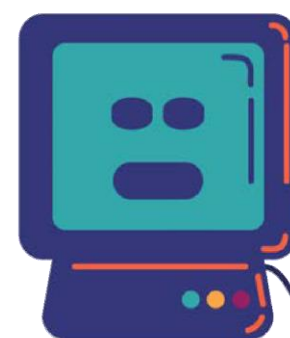
Listen Deeply



"Yes! And..."



**Move with
Intention**



**Be Patient
with Technology**



Today's Chatstorm:

When indulging,
do you prefer
sweet or salty
snacks?



May Roundtable for Support Group Leaders



Let's stay Active and Involved!



Breakout Rooms

- *Small group discussion*
- *Share main insights*





Do you have a schedule?

What am I going to do today?





Everyone is different

Some of you are probably chuckling at the idea of not having something to do but remember, everyone is not like you!



Set a schedule

Commit to one activity a day that you enjoy and will do

Scheduled events keep you from wondering “what should I do today?”



What is the **BEST EXERCISE** for PD?

The one you will do!!

- Walking
- Rock Steady Boxing
- Pickleball
- Yoga
- Tai Chi
- Swimming



150 minutes every week

Take exercise “snacks!”

Garden

Mow the lawn

Rake leaves

Take the stairs if you can

Wash the car

Clean

Dance



Let's Breakout!!



"How do you stay active or encourage others to stay active and get involved?"

- ✓ 6-7 people in each room
- ✓ 45? minutes to chat - designate a notetaker!
- ✓ Sharebacks in the main room



Farewell Chat...

“What new insight did you gain from today's Roundtable?”

