

Lisabeth A. Begin 727.243.6965
LBegin@PinesofSarasota.org
www.PinesofSarasota.org

1501 N. Orange Ave.
Sarasota, FL 34236



Symposium to Educate about Falls Prevention for People Living with Parkinson’s Disease

PRESS RELEASE

Sarasota, FL: On Monday, March 20, 2017 from 9:30 am - 3:00 pm, Pines of Sarasota Rehabilitation and Senior Care Community will be holding a free-to-the-public event “Spring Forward to Better Balance” Symposium at Cullers Hall on Pines of Sarasota campus. Pines of Sarasota’s Ready & Steady - A Plan for Better Balance joins Neuro Challenge Foundation for Parkinson’s to Learn innovative ways to lessen your risk of falls.

Three leading local Parkinson’s experts will address these topics:

- Neurologist - Ricardo Gonzalez, M.D., “Topic Title”
- Neuro Challenge's Care Advisor - Carisa Campanella, “Topic Title”
- Orthopedic Surgeon Jason Collins, MD, “Topic Title”

“More than 65% of people with Parkinson’s will fall within the first year of their diagnosis, according to the Parkinson’s Association. We want to educate those individuals, their families, and caretakers to about exercises, therapies, strength training and balance training that may help with mitigating a fall and improving independence to have a good quality of life for as long as possible,” explains Joel Amistoso, Director of Rehabilitation Services – Pines of Sarasota.

Additional information will be available from Ready & Steady – A Plan for Better Balance community partners; the YMCA and 20 Minutes to Fitness.

Seating will be limited. For tickets please call, 941.3095748. To schedule an interview with one of the Symposium experts or with one of our experts, please call Lisabeth Begin, Publicist 727-243-6965.

Pines of Sarasota Rehabilitation and Senior Care Community provides excellent and compassionate short-term and outpatient rehabilitation services, skilled nursing, memory care, assisted living as well as educational programs for seniors and their families in order to help enhance their quality of life. Pines of Sarasota Rehabilitation and Senior Care Community epitomizes innovative initiatives including; an on-campus child care and learning center which fosters inter-generational interaction and learning; The Ready & Steady Falls Prevention and Balance Program, which helps minimize the risk of falling and; a comprehensive Volunteer Program that supports every aspect of campus life. Pines of Sarasota Rehabilitation and Senior Care Community is a not-for-profit organization that leads the way in holistic senior care.