

South Georgian Bay Parkinson's Festival

Saturday, June 24th, 2023 Bayview Park, Thornbury, Ontario 9:00 a.m. – 3:30 p.m.

Speaker Program – DRAFT

9:00 – 9:20 a.m. – Welcome's; introductions; acknowledgements from local dignitaries 9:20 – 9:30 a.m. – 10 minutes chair dance warm up with Louise! Dancing with Parkinson's

	Station 1	Station 2	Station 3	Station 4	Station 5	Station 6
9:30 -	Inner Yogies-	Wise Moves	Breaking Down	Marci – Falls	Spinning	TIME
10:15	20-minute reflexology	with Erin	Barriers – Teresa Gal	prevention	Wheels Tour Story	Program
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10:30 – 11:15	Inner Yogies- 20-minute reflexology/chair yoga/sound	Wise Moves with Erin	Rebecca Barnstaple – Community Engagement - CSC CHIGAMIK	Marci – Falls prevention	Spinning Wheels Tour Stretching	TIME Program
11:30 – 12 Noon	Candace Cox presentation	Candace Cox presentation	Candace Cox presentation	Candace Cox presentation	Candace Cox presentation	Candace Cox presentation

12 Noon – 1:00 p.m. – Lunch, vendors	Lunch prepared by Sustenance Catering	Vendors: Inner Yogies LBWP/DWP Family Health Team – Edward Gaynor	Vendors: Breaking Down Barriers Wise Moves			
1:00 – 1:45 p.m.	Inner Yogies- Chair yoga/sound	Candace Cox – Alexander Technique	Neilsen Fitness Premium Training	Bowen with Meredith Kerrigan	Spinning Wheels Support group conversation	TIME Program
2:00 – 2:45	Dancing with Parkinson's – Louise	Candace Cox – Alexander Technique	Neilsen Fitness Premium Training	Bowen with Meredith Kerrigan	Spinning Wheels Group	TIME Program
3:00 – 3:30 p.m.	Final remarks and festival closing	Final remarks and festival closing	Final remarks and festival closing	Final remarks and festival closing	Final remarks and festival closing	Final remarks and festival closing
3:30 – 4:00 p.m.	Wrap up & clean-up site					