**Alberto J. Espay, MD, MSc, FAAN, FANA**

“Parkinson’s disease At A Crossroads: What It Means For Future Treatments”.

**(January 2019)**

**Dr. Alberto Espay is Professor and Endowed Chair of the James J and Joan A Gardner Center for Parkinson’s disease at the University of Cincinnati.** He trained in Neurology at Indiana University, in clinical and electrophysiology of Movement Disorders at the University of Toronto (2001-2005), where he obtained an MSc in Clinical Epidemiology and Health Care Research. He has published over 200 peer-reviewed research articles (H index: 46; total citations: 8,591 per Google Scholar), 25 book chapters, and 5 books, including *Common Movement Disorders Pitfalls* (Cambridge, Highly Commended BMA Medical Book Award, 2013) and *Disorders of Movement* (Springer, 2016). Dr. Espay has received the Dean’s Scholar in Clinical Research Award (2006-09), the Dystonia Coalition Career Development Award (2010-2012), the NIH-funded KL2 Research Scholars Mentored Award (2010-12), and the NIH-funded K23 Career Development Award (2011-17). He has served as Chair of the Movement Disorders Section of the American Academy of Neurology, Associate Editor of Movement Disorders, and in the Executive Committee of the Parkinson Study Group (PSG). He currently serves as Chair of the International Parkinson and Movement Disorders Society (MDS) Technology Task Force and as Secretary-Elect of the Pan-American Section of the MDS. He has been listed in the Best Doctors in America continuously since 2009, became honorary member of the Mexican Academy of Neurology in 2008, and has received among others the Business Courier’s Forty Under 40 award, the Patients’ Choice and Compassionate Doctor awards, the Cincinnati Business Courier’s Health Care Hero Award, Excellence in Mentoring Award, and the Spanish Society of Neurology’s Cotzias Award. His research efforts have focused on the measurement of motor and behavioral phenomena in, and clinical trials for, Parkinson’s disease as well as in the understanding and management of functional movement disorders.

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Rebecca Payne, Therapy Manager at Chesterwood Village

"Balance and Fall prevention for Parkinsons Disease, How can Therapy help you?"

Rebecca obtained a Masters Degree in Physical Therapy from the University of Cincinnati and an undergraduate degree in Athletic Training from Wilmington College.

She has worked in several Physical Therapy settings including skilled nursing, acute care, inpatient rehab, home health, and LTAC where she has gained extensive experience in treating a wide variety of challenging acute diagnosis as well as neurological conditions.

She developed a passion for working with the Geriatric population and began working at Hillandale Communities in 2009 as a physical therapist, and now also as Therapy Manager.

Her current focus is on promoting fall prevention programs to the community.

**Sarah K. Palmer, MS**

**EXERCISE PHYSIOLOGIST, OWNER AND FOUNDER Forever Fitness.**

Sarah’s life has been devoted to sports and athletics. With a well-rounded background in the fitness field and a Personal Trainer since 1994, she has extensive experience in different fitness settings: health club, physical therapy, corporate fitness and in-home. Pursuing her own vision, Sarah established forever*fitness*​ ​ on July 1, 2011.

**Credentials**

Master of Science, Exercise Physiology, Long Island University

Bachelor of Science, Arizona State University

Certified Strength and Conditioning Specialist (CSCS)

National Strength and Conditioning Association (NSCA)

USA Weightlifting (USAW): Certified Coach

PWR! Fitness Instructor (Parkinson’s Exercise Certification)

Rock Steady Boxing (RSB) : Certified Coach Delay the Disease (Parkinson’s Exercise Certification)

Allied Team Training for Parkinson’s (ATTP)

American Red Cross: CPR/AED

Dancing Thru Pregnancy: Pre/Postnatal Exercise Certification

ACE Older Adult Fitness Specialty Recognition

Member of Med Fit Network

Rebecca Chou

Rebecca obtained a Masters Degree in Physical Therapy from the University of Cincinnati and an undergraduate degree in Athletic Training from Wilmington College.

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