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# Exercise and Parkinson's Disease: A Powerful Medicine

Presented by:  
**Ron Blehm, Physical Therapist**



**Friday, January 20th, 2012 10:00 a.m. - 11:00 a.m.**  
**Portland VA Medical Center—Building 100, Auditorium**

**Available by video-conference!! See attached list or call for locations.**

V-tel alias: 99020204 — Audio only: 360-619-5958 204#

**Objectives:**

- ◇ Explain why persons with Parkinson's disease need exercise
- ◇ Describe the benefits of exercise for Parkinson's disease patients
- ◇ Detail exercises that work best with Parkinson's disease

This event is free and open to Veterans, Patients, Caregivers,  
VA Employees, and Health Care Providers.

Please **call to sign up** at 503-721-1091 or 1-800-949-1004 ext. 51091.

*Sponsored by the*  
**VA Northwest Parkinson's Disease Research, Education and Clinical Center (PADRECC)**

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## Driving Directions to Portland VA:

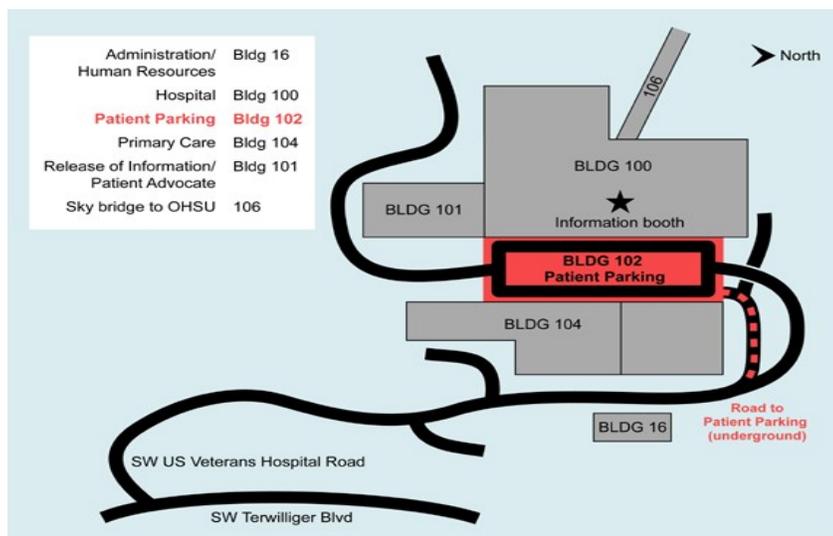
### From The North

Travel south on I-5; cross the Willamette River via the Marquam Bridge, following the signs to City Center/Beaverton. Take 6th Ave exit. Get in the left lane immediately and turn left on College. Turn left on Broadway, stay in the right lane, and follow the signs to VA Hospital.

### From The South

From I-5 North take the Corbett exit (# 298), turn left on to Corbett. At the four-way stop take a left on to Hamilton. At the light cross Barbur and go up the hill on Hamilton until you reach Hamilton Terrace. Turn right on Hamilton Terrace, and drive until you reach Terwilliger Blvd. Turn right on Terwilliger and follow signs to the VA Hospital.

## Map of Portland Campus



## **Video Conference Locations – Alphabetized by City**

<b>Location</b>	<b>Room</b>	<b>General Main Phone #</b>
<b>Boise, ID</b> 500 West Fort Street Boise, ID 83702	<b>Bldg 115</b> <b>215, MAS-TMS Conference Room</b>	208-422-1000
<b>Brookings, OR</b> 555 – 5 <sup>th</sup> Street Brookings, OR 97415	<b>Brookings V-tel Room</b>	541-412-1152
<b>Eugene, OR</b> 100 River Avenue Eugene, OR 97404	<b>Eugene Clinic</b> <b>Large Conference Room</b>	541-607-0897
<b>North Bend, OR</b> 2191 Marion Street North Bend, OR 97459	<b>North Bend V-tel Room</b>	541-756-8002
<b>Roseburg, OR</b> 913 NW Garden Valley Blvd Roseburg, OR 97471	<b>Library</b>	1-800-549-8387
<b>Spokane, WA</b> 4815 N. Assembly Street Spokane, WA 99205	<b>Bldg 1</b> <b>Room 329A Conference Room</b>	1-800-325-7940
<b>Vancouver, WA</b> 1601 E. 4 <sup>th</sup> Plain Blvd Vancouver, WA 98661	<b>Bldg D-7</b> <b>305 Columbia Room</b>	360-696-4061
<b>White City, OR</b> 8495 Crater Lake Hwy White City, OR 97503	<b>Bldg 201</b> <b>Cascade Room</b>	541-826-2111