

For anyone affected by

# ESSENTIAL TREMOR

7th Annual **Reasons for HOPE** Seminar

**Saturday, March 12, 2016**

**9:30 am to 12:45 pm**

**Libbie Mill - Henrico County Public Library – 1<sup>st</sup> floor meeting room  
2100 Libbie Lake East Street, Richmond, VA**

## *Coping Strategies for Living Well with ET Medical-Surgical Management and Self Care*

**9:30 am – 10:00 am: Check-in**

**10:00 am – 10:45 am: Essential Tremor – Physician Overview**

*Jessica B. Lehosit, DO (Neurologist, Movement Disorder Specialist)*

**10:45 am – 11:15 am: Break**

**11:15 am – 12:30 pm: Multidisciplinary Panel – Coping Strategies**

- **Medications** – *Emily Peron, PharmD, MS, BCPS, FASCP (Pharmacist)*
- **DBS & Surgical Treatment** – *Miriam L. Hirsch, MS, BSN, RN, CCRC (DBS nurse)*
- **Assistive Technology & Adaptive Devices for Daily Living**  
*Melissa Oliver, MS, OTR/L (Occupational Therapist)*
- **Exercise, Movement & Physical Therapy** – *Jeffrey Hoder, PT, DPT, NCS (Physical Therapist)*
- **Audience participation** - sharing, Q & A

**12:30 pm - 12:45 pm: Wrap up/Evaluations**

**FREE Registration. You must register in advance.  
Seating is limited.**

Register online at: <http://et2016march12.eventbrite.com>

No online access? Contact Diana Campbell at [ET.RichmondVA@yahoo.com](mailto:ET.RichmondVA@yahoo.com)  
or (804) 556-2345



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Your Voice for Essential Tremor



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