

# Ask the Experts 2023

## Saturday Morning Speaker Series



**A series for patients and their care partners**

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**Saturdays**

**10:00 – 11:30 a.m.**

Speaker Presentation and Q&A

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Please register on our website at [bidmc.org/pdcenter](https://bidmc.org/pdcenter) or by calling [617-667-9890](tel:617-667-9890).

You will need to have a valid email address to register in order to receive the link to the virtual webinar.

### Virtual Webinar Hosted by BIDMC Parkinson's Disease and Movement Disorders Center

**Saturday, March 4, 2023**

**Exploring the Depths of Sleep in Parkinson's Disease**

Robert Thomas, MD

Associate Director of Sleep Center & Sleep Medicine  
Training Program

Professor of Medicine, Harvard Medical School

**Saturday, May 6, 2023**

**Eating Healthy with Parkinson's**

Elisabeth Moore, RD, LDN

Outpatient Nutrition, Beth Israel Deaconess Medical  
Center

**Saturday, September 23, 2023**

**The Parkinson's Prison and the Hero's Journey to Escape**

Robert Cochrane, PhD

Founder and CEO, "Yes, And...eXercise!" - a 501(c)(3) non-  
profit

**Saturday, December 9, 2023**

**Have Confidence in Your Continence**

Jenna Leader, PT, DPT

Pelvic Floor Program, Beth Israel Deaconess Medical  
Center