

# 2nd Annual Retreat Living Well With Parkinson's Disease: New Approaches



Friday, Sept. 28 – Sunday, Sept. 30  
Abbey of the Hills,  
46561 147th St., Marvin, S.D.

Does Parkinson's disease affect your daily activities? Do you sometimes stumble, have a difficult time grasping objects, feel stiff or too tired to enjoy even a simple walk? In this weekend retreat, learn new ways to manage the symptoms of Parkinson's disease.

## Keynote Speakers



**Dawn Flickema, MD**  
Family Medicine/Integrative Medicine  
Avera Medical Group  
Integrative Medicine

- Board certified by the American Board of Family Medicine and the American Board of Integrative Holistic Medicine
- Provides holistic care approach through acupuncture, nutrition, stress-coping mechanisms and mindfulness exercises



**Andrew Ridder, MD**  
Internal Medicine  
Avera Medical Group  
Neurology (August 2018)

- Participated in several clinical trials and research regarding the effects of deep brain stimulation (DBS) in Parkinson's disease
- Specializes in the treatment of movement disorders, including Parkinson's disease, parkinsonism syndromes, tremors, ataxia and dystonia



**Save Your Spot!** | Registration available June 15 – Sept. 14.  
Please call 605-322-5150 for more information.