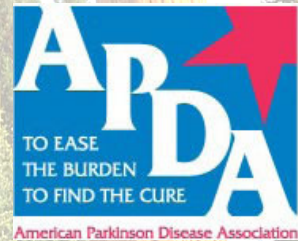


*YOUNG ONSET
PARKINSON'S WEST
COAST RETREAT
2008*

*WONDER VALLEY
RANCH RESORT &
CONFERENCE CENTER*

SATURDAY & SUNDAY,
SEPTEMBER 6 & 7



Organized by the American Parkinson Disease Association Information & Referral Centers:

Linda O'Connor – Cedars-Sinai Medical Center – 877-223-3277

Martha Gardner – Stanford University Medical Center - 866-250-2414

Debbie Baires – Long Beach, Orange, & Saddleback Memorial Medical Centers – 877-610-2732

Viviane Tondeur – Center for Aging Research & Education – 866-499-2732



The retreat is designed for people who consider themselves to be “young onset”. Typically, “young onset” PD is defined by the age at which someone is diagnosed (30’s, 40’s, or early 50’s) but others consider lifestyle issues (active work, volunteer work, and parenting) to be the central component in defining “young onset”.

The retreat will provide the participants an opportunity to connect with others, receive updates on the latest research and emerging therapies, and experience wellness strategies such as yoga, music therapy, meditation and massage – all in a beautiful and relaxing, social environment.

Younger children will benefit from age appropriate sessions to develop cognitive and behavioral skills to help them cope with the reality of PD in their family. A teens-only session will allow older kids a chance to “chill” and explore their own questions.



Wonder Valley Ranch is located in Central California, just east of Fresno, about a 4-hour drive from San Francisco & Los Angeles. The scenic drive through the Sierra Nevada foothills will take you past some wonderful sights and natural beauty. Two of our country’s most renowned national parks, Sequoia N. P. and Kings Canyon N. P. are located just a short 30 minute drive from Wonder Valley; and Yosemite National Park is less than 2 hours driving.

Non-stop and connecting flights to Fresno airport are available from Seattle, Phoenix, Las Vegas and other gateways.

Your stay includes the use of the resort’s recreational facilities. For detailed information about the resort and nearby activities, please visit the website at www.wondervalley.com.



The following rates include the Parkinson's program, accommodations and (3) meals - dinner on Saturday, and breakfast and lunch on Sunday. Transportation to and from the resort is not included.

Double occupancy \$ 80.00/person
 Single occupancy \$ 150.00/person
 Children under 17 - when sharing a room with 2 adults \$ 50.00/child

To make reservations call toll-free 877-610-2732 or mail the attached registration form to:

I & R Center at CARE
 18433 Roscoe Blvd # 210
 Northridge, CA 91325

The deadline for reservations is July 1, 2008. A deposit of \$ 50 per person is required which can be paid by check payable to APDA. The balance is due on August 1, 2008.

Rooms are available for Friday night at the special rate of \$ 119 (single or double occupancy) including continental breakfast.

We may be able to offer scholarships based on financial need. Please contact your local I & R coordinator for eligibility information. We can match single travelers with roommates and offer reduced rates in multi-bed rooms.

Program Saturday, September 6

11:00 am – 4:00 pm

- Retreat registration desk
- Exhibit area
- Pick up basketball & volleyball games for adults and children
- Boating and fishing, hiking, swimming, Jacuzzi, tennis
- Game pavilion with ping pong, pool tables, air hockey and foosball
- Children's playground and barnyard petting zoo

Also available at an additional cost:

- Horseback riding
- Sherwood Golf Club
- Table & chair massages

Parkinson's Wellness Sessions from 2 pm to 4:30 pm

- Experience yoga, tai chi, music therapy, relaxation techniques and more.



- Connect with each other through round table discussions.

Teen Gathering 3:00 pm – 4:30 pm
 Refreshments 3:00 pm – 4:00 pm
 Room check-in After 4:00 pm

Happy Hour & Socializing 5:30 pm
 no host bar

Dinner 6:30 pm
"Live Well & Stay Strong"
 Julie Sacks & Arlette Johnson

Campfire, S'mores & Chat Groups
 8:00 pm – 10:00 pm

- People with Parkinson's
- Youth
- Spouses/care partners/other adult family members

Night Owls 10:00 pm ...
 (for those inclined to converse longer)

Program Sunday, September 7

Early-bird Hike 7:00 am
 Breakfast 8:00 – 10:00 am

8:00 am – Noon
 - Exhibit area
 - Wonder Valley recreational facilities

Check out time 11:00 am

"Disability Programs & Workplace Rights" 10:00 – 11:00 am
 Center for Independent Living

Youth Program (supervised activities) 10:00 am – noon
 Teen Gathering 10:00 am – 11:30 am

Luncheon & Keynote Address –12:00 pm
"Update on Parkinson Disease Research: Current and Future Treatments"
 Yvette Bordelon, MD, PhD
 UCLA Movement Disorders Program

Closing remarks and evaluations 1:30 pm

Please print clearly:

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone(s): _____
 E-mail: _____
 How many adults? _____
 How many children? _____

Room type:

_____ double _____ single _____ family _____ share
 Single travelers wishing to share a room, please complete the following:
 _____ male _____ female _____ share double room
 _____ share a multi-bed room
 A deposit of \$50 per person is required to hold your reservation, or you may pay your balance in full.
The balance is due August 1, 2008.
 Friday night rooms available for the prepaid rate of \$119 per room including breakfast.
 You must add this amount to the deposit to guarantee your reservation.

Rates:

_____ adults @ \$80 per person double occupancy total \$ _____
 _____ children under 17 sharing with 2 adults @ \$50 per child total \$ _____
 _____ adults @ \$150 per person single occupancy total \$ _____
 _____ adults @ \$70 per person multi-bed room total \$ _____
 _____ /we will arrive Friday, Sept 5 for **Prepaid** rate of \$119 per room \$ _____