



**Movement is Medicine™ Virtual Summit**  
**9:00am - 2:30pm**

**What to bring for those participating:**

- Sturdy chair with no arm rests if possible
- Light weights (1-5#, resistance bands, or a can of soup)
- Open space, floor space, floor mat

**9:00am - 9:05am**

Resources & Contact Slideshow

**9:05am - 9:15am**

**Housekeeping Moderator**

- **Laura Patrick**, Clinical Neuro Program Manager, Physical Therapist

**9:15am - 9:30am**

**Welcome Remarks**

- **Allison Moore**, Founder/CEO, Hereditary Neuropathy Foundation (HNF)

**9:30am - 10:15am**

**Keynote**

- **Nivedita Jerath MD, MS**, HNF Center of Excellence

**10:15am - 11:00am**

**The Brain-Changing Benefits of Exercise & Mindful Meditation**

Session will start with a discussion regarding cardiovascular benefits for the body and mind. Attendees will participate in cardiovascular exercise followed by breathing and meditation exercises for your well being.

- **Matthew Marse**, Exercise Physiologist
- **Jennifer Campbell**, Clinical/Operations Manager at AdventHealth Sports Med and Rehab at Orlando Avenue, Speech Language Pathologist

**11:00am - 11:15am**

**Break with Q&A**

- **Laura Patrick**, Clinical Neuro Program Manager, Physical Therapist

**11:15am – 12:00pm**

**Therapy across the lifespan of the disease**

This lecture will discuss when is the best time to begin therapy and check in with your therapist across the lifespan of the disease. Attendees will hear from a Physical Therapist, Occupational Therapist and a Speech Language Pathologist about what to expect in therapy and will leave with some takeaway exercises for each stage of the disease.

- **Allyson Demetriadis**, Clinical Specialist in Neurologic Physical Therapy
- **Phoi Truong**, Neurological Occupational Therapist
- **Jennifer Campbell**, Speech Language Pathologist  
(\*Stretching will be included in this presentation\*)

**12:00pm -12:30pm**

**Core & Balance**

This 30-minute class will be a mix of core strengthening exercises with yoga style balance poses. Class will be modified to support all participants. Core strength is an important piece to maintain balance.

- **Matthew Marse**, Exercise Physiologist

**12:30pm – 1:00pm**

**Lunch Break**

Resources & Contact Slideshow

**1:00pm-1:45pm**

**Nutritional Workshop: Simple Tips for Eating Well**

Many neurological diseases have been shown to have a major impact on an individual's nutrition status. Because of this, these individuals are at an increased risk for malnutrition, micronutrient deficiencies and dehydration. Join Sherri Flynt, MPH, RD, LD, as she talks about the concerns with malnutrition and dehydration and which micronutrients are of special concern. She will also provide practical tips for ensuring proper nutrition and how to incorporate these tips into everyday life.

- **Sherri Flynt**, MPH, RD, LD

**1:45pm - 2:15pm**

**Strength Training: LIVE**

This 30-minute class utilizes therabands and weights for functional strength training moves to empower participants about the importance of strength training for CMT. Class will be modified to support all participants.

- **Bradley Elliott**, Exercise Therapist

**2:15pm - 2:30pm**

**Closing Remarks**

- **Nivedita Jerath**, MD, MS, HNF Center of Excellence
- **Allison Moore**, Founder/CEO, HNF