

The Davis Phinney Foundation has developed this guide to help you moderate or lead a discussion about topics covered in the *Living Well Challenge: A Victory Summit and Panel Discussion on How to Live Well with Parkinson's*.

After you've watched the *Living Well Challenge* together, spend some time talking as a group about your own experiences and impressions of what you saw and heard today. Encourage your group to use the worksheets provided to follow up on topics covered during the webinar.

1. The panel challenged people living with Parkinson's to **Be Informed & Be Aware** regarding their treatment options, nutrition, exercise and current research. What does this challenge mean to you, and what are you doing in your life now to be informed and be aware? What changes will you make to be more informed and aware in the future?
2. The statement **Be Active** can mean different things to different people. How do you feel about exercise? What are you doing to stay active today? After listening to Dr. Brandabur and the panel talk about exercise, is there anything you will change?
3. How **involved** are you in your own or in your family member's Parkinson's treatment? What steps can you take to play a more active role?
4. Davis talked about how Parkinson's is a disease of apathy – that it can be hard to stay motivated and easy to withdraw from those around you. What does being **Be Connected** mean to you? How can being connected help you live well today?
5. The topics covered during today's discussion were all central to living well with Parkinson's disease. How will you answer the *Living Well Challenge*? How will you create your own plan for living well today?

The Davis Phinney Foundation invites everyone who participated in today's webinar to share their action plans with others in the Parkinson's community. Tell us how you are responding to the *Living Well Challenge* and what inspires you to live well today. Share your photos and details of how you are managing your disease beyond medication. The Davis Phinney Foundation will share selected stories on our website at www.davisphinneyfoundation.org.

Your example can help motivate others living with Parkinson's to take steps to improve their quality of life and see that it is possible to live well with this chronic disease.