



Staying Healthy With Deep Brain Stimulation

Northern California Neuroscience Program
Kaiser Permanente - UC Davis Health - Sutter Health

FOR MORE
INFORMATION
AND/OR TO PRE-
REGISTER FOR A
CLASS CONTACT US:

KAISER PERMANENTE

Location 1, Sacramento, CA
Conference rooms 1 and 2 in
Basement of 2025 Morse Ave

Location 2, Sacramento, CA
Cottage A & B; 3120 Cottage
Way

Catherine Nitafan-Young, FNP
Message only **916-973-6860**

UC DAVIS HEALTH

Midtown Clinic
3160 Folsom Blvd,
Classroom 1100
Sacramento, CA

Laura Sperry, ANP
Contact: Karla Lindstrom
klindstrom@ucdavis.edu
916-734-6282

SUTTER HEALTH

2800 L Street Suite 500 5th
floor conference room 501
Sacramento CA
Linda Ramatowski, FNP
Message only: **916-454-6936**

If you have an implanted Deep Brain Stimulator (DBS) for a Movement Disorder like Parkinson's Disease this class is for you!

2019 Schedule

February 20 at 2:30 PM at UC Davis

Planning for the Future

March 18 at 10:00 AM at Kaiser - location 1

Occupational Therapy: Hobbies/Crafts, handwriting and computer skills

April 17 at 2:30 PM at Sutter Health

What to expect over time post-DBS

May 20 at 10:00 AM at Kaiser - location 2

Mobility: Getting around safely and smoothly and Rock Steady Boxing/LSVT

June 19 at 2:30 PM at UC Davis

Home Safety - Rebuilding Together

July 15 at 10:00 AM at Kaiser - location 2

Speech and Music Therapy

August 21 at 2:30 PM at Sutter Health

Cognitive Wellness/Brain Health

September 16 at 10:00 AM at Kaiser - location 2

DBS Surgery and programming

October 16 at 2:30 PM at UC Davis

Cognitive Changes and Adaptation

November 18 at 10:00 AM at Kaiser - location 2

PD as a chronic illness: Living your best life

December 19 at 2:30 PM at Sutter Health

Year in Review!