

STEVE YELLEN

Author of *Living Parkinson's*

LIVING AN ACTIVE LIFE WITH PARKINSON'S

Speaker • Advocate • Research Participant • Athlete

ABOUT STEVE

Steve Yellen is the author of *Living Parkinson's*, a practical guide built around seven strategies for taking an active approach to living with Parkinson's.



Diagnosed with Parkinson's in 2019, Steve has chosen to approach the disease by staying active, learning as much as possible, participating in research, advocating for the Parkinson's community, and sharing what he has learned with others.

Through his talks, Steve combines personal experience with practical strategies that people living with Parkinson's, and those who support them, can put into action.

SPEAKING PROGRAMS

1. LIVING PARKINSON'S: SEVEN STRATEGIES FOR TAKING AN ACTIVE APPROACH

Steve introduces the seven strategies at the heart of *Living Parkinson's*:

ATTITUDE • KNOWLEDGE • SUPPORT • EXERCISE • WELLNESS • ADVOCACY • RESEARCH

A practical, motivating presentation about the things we can do to take a more active role in our Parkinson's journey.

2. WHAT I WISH I KNEW WHEN I WAS DIAGNOSED

A candid and practical look at the first steps after a Parkinson's diagnosis. Steve shares what he has learned since his own diagnosis and offers ideas for building a support system, finding reliable information, staying active, working with your healthcare team, and taking control of the things you can control. Especially appropriate for newly diagnosed groups.

3. PARKINSON'S DOESN'T GET TO DECIDE WHAT I CAN DO

What happens when you refuse to let a diagnosis define your limits?

Steve shares his experience continuing to challenge himself through triathlons, Spartan (obstacle course) Races and the Empire State Building Stair Climb—and the lessons those experiences have taught him about resilience, mindset and staying active.

This is not a story about ignoring Parkinson's. It's about deciding how you will respond to it.

4. FINDING PURPOSE AFTER PARKINSON'S

A Parkinson's diagnosis can change your life, but it doesn't have to diminish it.

Steve shares how Parkinson's ultimately led him to a new sense of purpose and to the creation of *Living Parkinson's*. The presentation explores how people can find meaning, stay engaged and continue moving forward even when life doesn't go according to plan.

WHY STEVE?

- Author of *Living Parkinson's*
- Living with Parkinson's since 2019
- Speaker for Parkinson's support groups and organizations
- Keynote speaker at symposium and fundraising events
- Parkinson's advocate involved in efforts to advance Parkinson's policy
- Participant in multiple Parkinson's research studies
- Completed triathlons, Spartan obstacle-course races and Empire State Building Stair Climb (4x)

TESTIMONIALS (More at livingparkinsons.com/support-groups-testimonials)

"Steve joined our Middleton WI Parkinson's Wellness Group (APDA Wisconsin Chapter) via Zoom. This was one of the most interesting discussions we have had. Steve gave us an opportunity to explore with him the motivation behind each of his seven strategies. It was as if we were writing the book with him, exploring his strategies as they apply to our lives in Wisconsin. Today at boxing, many people came up to me after hearing excellent comments about the session."

- Bill Ryan, VP Wisconsin Chapter of the American Parkinson's Disease Association

"Steve Yellen's *Living Parkinson's* is a must-have for everyone with Parkinson's. His presentation to my Sunday Morning webinar group was well received and very informative. Broken down into seven specific ways to live better with Parkinson's, Yellen answered a lot of questions that people who are newly diagnosed have and how they can live well for a long time with the disease."

- Sharon "Twitchy Woman" Krischer

AVAILABLE FOR

Parkinson's Support Groups • Parkinson's Organizations • Community Events • Fundraising Events
Conferences & Symposiums • Webinars and Podcasts • Healthcare & Wellness Programs

BRING *LIVING PARKINSON'S* TO YOUR ORGANIZATION

Steve Yellen

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