



# 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

Meghan Anderson, ANP  
Message only **916-973-6860**

## UC DAVIS HEALTH

Midtown Clinic  
3160 Folsom Blvd,  
Classroom 1100  
Sacramento, CA  
Laura Sperry, ANP  
Contact: Meriah Horton  
HS-DBS@ucdavis.edu  
**916-734-6841**

## 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 Health**

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**

Hospital Safety

**June 19 at 2:30 PM at UC Davis Health**

Home Safety - Rebuilding Together

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

Mobility

**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 Health**

Cognitive Changes and Adaptation

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

PD as a chronic illness: Living your best life

**December 18 at 2:30 PM at Sutter Health**

Year in Review!