



Parkinson's EmPower Talks

Discussion Questions

Guest: Kate Harrell, RD

Nutrition in Parkinson's Disease

1. What did you learn from this podcast?
2. Have you ever utilized a dietician?
3. Do you have any tips for spacing medication timing with proteins?
4. In what ways are you incorporating healthy foods into your lifestyle?
5. What techniques do you use to eliminate unhealthy food choices?
6. How do you feel about Kate's EmPowering advice?

We appreciate your feedback on this episode and welcome suggestions for future podcasts!

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