Dear Annie,

April is Parkinson's Awareness Month! Together, let's engage as many people as possible to improve the lives of people affected by Parkinson's through increased awareness. Read on for more information on how to get involved locally, share your story and impact the lives of the estimated 20,600 Georgians and one million Americans living with PD!

RSVP for "Complementary Therapies and Parkinson's" - April 14
Join us for this free educational event and learn more about complementary therapies and how they can help manage Parkinson's symptoms and improve your quality of life. University of Colorado Professor Christina L. Vaughan, MD, MHS will explore the potential for cannabis-based products to treat PD. Don't miss this cutting-edge program!

Wear Blue for World Parkinson's Day - April 11

Help raise awareness during Parkinson's Awareness Month by wearing blue on April 11! Please join us and share your photos wearing blue (and reason for participating) on social media using the hashtag #KeyToPD - and like us on Facebook to engage with others! (Need hashtag help? Send us an email!)

Share Your #KeyToPD with Us!
This month, the Parkinson’s Foundation wants to know your key to living well with PD. Whether you are living with PD, are a caregiver or a healthcare professional, tell us your tip. From managing freezing to sleeping and bathroom tips — no topic is off limits. Our hope is that others will use your tip(s) to make their life a little easier. Share your #KeyToPD!

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**Martha’s Tips for Living Better with PD**

Gladiator Guide Martha shares her #KeyToPD:
"Since my hands are weak, I use a Waterpik, face scrubber, button hook, electric toothbrush and hair dryer holder to help me get dressed and out the door faster. I use a seat belt extender in my car so that I can buckle up with my right hand. These things are small but make life so much easier. Also, it's important to have a 'happy place' and parrots are mine!"

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Thank you for your support during Parkinson’s Awareness Month! Follow us on Facebook to join the conversation and click here to access customized resources for you and your loved ones.

Your Parkinson’s Foundation Georgia Team

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