

Community Education Programs

We hope you'll join us at one of our upcoming free educational programs! Email us at california@parkinson.org for questions or help registering for any of our programs.

Women and Parkinson's

Join us online on April 28 to hear about women's issues in Parkinson's from speakers Holly Shill, MD, FAAN, Barrow Neurological Institute, and Vanessa Leschak, Certified Nutritionist, Parkinson's Disease Nutrition.



Understanding Gene and Cell-Based Therapies in Parkinson's

On May 10 at 10 am PT, join our Expert Briefing webinar to learn about promising developments in genetic and cell-based therapies for Parkinson's.

Mind, Mood and Motion

We invite you to join us in Ventura in person or online on June 9 for an educational program featuring speaker Miriam Rangwala, MD, movement disorder neurologist at the Community Memorial Health System, and Amy Griffin, PT, MS, DPT, ITPT, Equilibrium Physical Therapy.



Gear up for FUNdraising!

Moving Day is more than just a friends and family fundraising walk. It's your chance to speak up about Parkinson's disease and move others to take action. It is a movement for change towards more awareness, more funding, and more understanding of a disease that affects so many of our loved ones.

On Saturday, April 15, the Parkinson's Foundation honored Freddy Silva at Moving Day [San Jose](#). Join us in [Ventura](#) as we honor Dr. Bradley Hiner, [San Francisco](#) to honor Anne Wojcicki and 23andMe, [Sacramento](#) as we honor Mary Beth Arjil, or in [Orange County](#) to honor Lauren Simmons.

Email us at california@parkinson.org with questions or to get more information.



¿Qué hay de nuevo?

“EP Salud En Casa” ofrece mensualmente eventos en línea diseñados para usted, que incluyen Lunes de Atención Plena, Miércoles de Bienestar, y Viernes de Ejercicio. Para obtener más información, visite Parkinson.org/EPSalud.

Recursos nuevos en español:

- [Mes de concientización sobre el Parkinson](#)
- [5 consejos para navegar los cambios de vida relacionados con el Parkinson](#)
- [Cambios en la vista relacionados con el Parkinson](#)
- [Correlación entre cultura, idioma y opciones de tratamiento en el Parkinson](#)
- [Cómo abordar y prevenir el agotamiento del cuidador](#)

April is Parkinson's Awareness Month!

Every 6 minutes, someone will be diagnosed with Parkinson's disease (PD) in the U.S. This April, for Parkinson's Awareness Month, we want everyone to #Take6ForPD – take 6 minutes to raise Parkinson's awareness – so that you and your loved ones can live Better Lives. Together.

Visit our webpage at Parkinson.org/Awareness to find resources and discover how you can join the fight for improved PD education, research, and care.



Jerry Boster, Parkinson's Foundation Ambassador, pictured far left, receives a Parkinson's Awareness Month Proclamation from Governor Josh Green, MD, third from left.



CA Chapter Board members Denise and Bernard Coley, pictured at left and right, accept a Parkinson's Awareness Month Proclamation from Morgan Hill, CA, Mayor Mark Turner, pictured center.

Volunteers

Parkinson's Foundation Ambassadors work with staff to share lifesaving educational resources and information through local community outreach like tabling and presentations. Ambassadors may also serve on local chapter committees for events and programs. If you're interested in becoming an Ambassador, register for the next [Volunteer Orientation](#) where we will walk you through registration for the training and answer questions.

Read about how California Chapter Board President Dylan James makes an impact as a Parkinson's Foundation volunteer [here](#).

Keep in Touch!

Visit [Parkinson.org/California](https://parkinson.org/California), contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at helpline@parkinson.org.

For weekly virtual programs online, join us for "PD Health @ Home" programs Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays. To learn more, visit [Parkinson.org/PDHealth](https://parkinson.org/PDHealth).



[Find resources on our website](#)



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[Watch us on YouTube](#)

For more information on local events and resources contact:
california@parkinson.org

**Questions about PD? Call our Helpline:
1-800-4PD-INFO (473-4636)**



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