

Community Education Programs

We hope you'll join us at one of our upcoming free educational programs! Email us at pacificnw@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.



Help Us Reach Further!

The Parkinson's Foundation **Reach Further** campaign will invest an additional \$30 million to accelerate progress on Parkinson's disease research, improve care and increase access to quality-of-life programs. Join the Pacific Northwest Chapter as we aim to raise \$1 million towards this goal.

Learn more at Parkinson.org/Reach/PacificNW.



¿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.



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.

Learn more by emailing volunteer@parkinson.org.

Keep in Touch!

Visit Parkinson.org/PacificNW, 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.



[Find resources on our website](#)



[Follow us on Facebook!](#)



[Watch us on YouTube](#)

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

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



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