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Community Education Programs

We hope you'll join us at one of our upcoming free educational programs! Email us at [**pacificnw@parkinson.org**](mailto:pacificnw@parkinson.org) for questions or help registering for any of our programs.

Do You See What I See? Hallucinations and Delusions in Parkinson's

Join us online on Wednesday, November 8 at 10 am PT for a webinar about the symptoms of psychosis in Parkinson's with speaker Megan Gomez, PhD, a clinical psychologist at the Tibor Rubin VA Medical Center in Long Beach, CA. (pictured)

Parkinson's Anonymous: Keeping Their Secret

Join the Foundation and speaker Kelly McWilliams, MSN, RN, online on Wednesday, November 15 at 10 am PT to talk about the challenges people may face when sharing their diagnosis publicly.





Gear up for FUNdraising!

[Parkinson's Revolution](#) will take place across the country on Saturday, February 24, 2023, including Seattle, WA! Join us in-person at The Cycle Sanctuary - or virtually from home - for a high-energy ride that generates funds and awareness for Parkinson's disease.

Register [here](#) or contact Gena Lennon at 415-963-0304 or glennon@parkinson.org for 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:

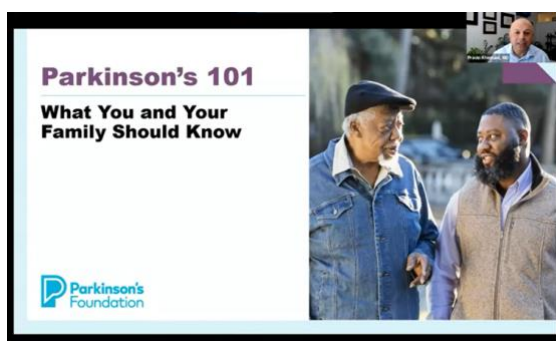
- [Episodio 27: Los efectos del Parkinson sobre el sueño](#)
- [Información clave para veteranos acerca del Parkinson](#)
- [8 preguntas que siempre quiso hacer a un fisioterapeuta](#)



Featured Program

Did you miss the [Parkinson's 101](#) webinar with [Previn Khemani, MD](#), Director of the Swedish Movement Disorders Clinic last month? Swedish is a [Parkinson's Foundation Comprehensive Care Center](#) located in Seattle, WA.

View the webinar on YouTube [here](#).



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.

Join us and make a difference! To get started, [register now](#) for the upcoming **Volunteer Orientation**, taking place the last Tuesday of every month at 9:30 am PT.

Winter Volunteer Call: Saturday, December 1, 2023, 9:30 am PT

For more details and questions, go to [Parkinson.org/VolunteerOrientation](https://parkinson.org/VolunteerOrientation) or contact volunteer@parkinson.org.

Keep in Touch!

Visit [Parkinson.org/PacificNW](https://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](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:
pacificnw@parkinson.org

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



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