

## Community Education Programs

We hope you'll join us at one of our upcoming free educational programs! Email us at [rockymountain@parkinson.org](mailto:rockymountain@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.



### [Parkinson's, Sleep, and Me](#)

Join us on May 6 in Salt Lake City, UT, for our Parkinson's symposium, "Parkinson's, Sleep, and Me." Learn how Parkinson's disease affects sleep and ways you can get a better night's sleep while living with PD. Speakers include Kathleen McKee, MD, MPH, Intermountain Neurosciences, and Melissa Mauchley, LCSW, University of Utah.

### [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.



## Gear up for FUNdraising!

[Parkinson's Revolution](#) is a stationary cycling experience that combines passion, determination, and community to generate awareness and advance our mission toward a cure.

Join us for Revolution on May 20, 2023, in [Salt Lake City, UT](#). Email us at [rockymountain@parkinson.org](mailto:rockymountain@parkinson.org) 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](https://www.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](https://www.parkinson.org/Awareness) to find resources and discover how you can join the fight for improved PD education, research, and care.





## Center of Excellence

The Parkinson's Foundation would like to warmly welcome University of Utah Health to our [Global Care Network!](#)

The University of Utah's movement disorder clinic states, "Our team aims to provide care that respects the preferences, needs, and values of our patients and their families, establishing a partnership between individuals seeking care with us and our

healthcare team."

As a new Center of Excellence, University of Utah Health is a designated partner for specialized, multi-disciplinary and evidence-based care for people living with Parkinson's. Learn more about them [here](#).

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## 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](mailto:volunteer@parkinson.org).

## Keep in Touch!

Visit [Parkinson.org/RockyMountain](https://parkinson.org/RockyMountain), contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at [helpline@parkinson.org](mailto: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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For more information on local events and resources contact:  
[rockymountain@parkinson.org](mailto:rockymountain@parkinson.org)

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



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