

## Community Education Programs

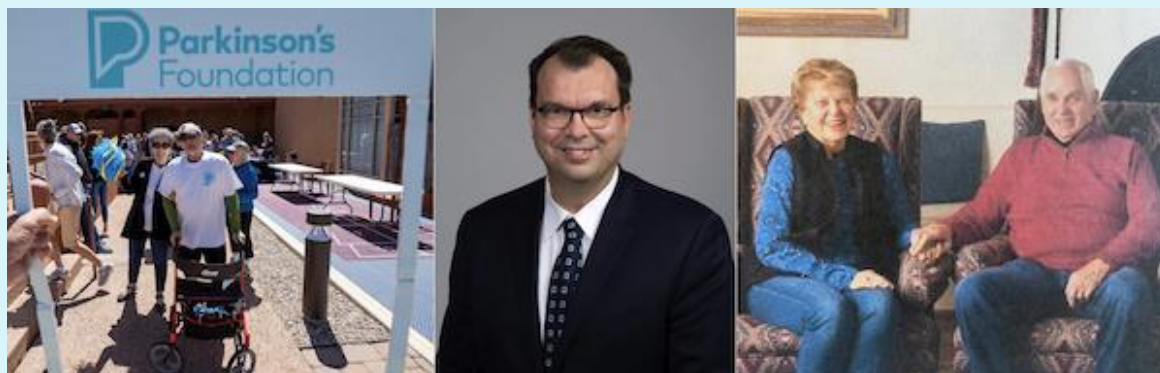
We hope you'll join us at one of our upcoming free educational programs! Email us at [southwest@parkinson.org](mailto:southwest@parkinson.org) for questions or help registering for any of our programs.

### Women and Parkinson's

Join us online or in person 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.

### Let's Talk About it!

Join us in person on May 19! There are many non-motor challenges associated with Parkinson's disease that may not always be easy to discuss. We'll discuss depression, apathy, and cognition.



## Gear up for FUNdraising!

Your support makes our mission possible. We hope you will join us at one of our upcoming events!

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.

Join us for Moving Day in [Santa Fe](#) as we honor the late Rob Barteletti or in [Las Vegas](#) to honor Dr. Zoltan Mari, MD, Director for Parkinson Disease & Movement Disorders at Cleveland Clinic, a Parkinson's Foundation Center of Excellence, or in [Albuquerque](#) to honor Nene and Jamie Koch.

Email us at [southwest@parkinson.org](mailto:southwest@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](http://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](http://Parkinson.org/Awareness) to find resources and discover how you can join the fight for improved PD education, research, and care.

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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.

For more details and questions, please contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org).

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## Engage in Research

PD GENERation is a national initiative that offers genetic testing for clinically relevant Parkinson's-related genes and genetic counseling at no cost for people with Parkinson's disease (PD). Participation can be either in-person at one of our participating Centers of Excellence sites or

from home through a telemedicine appointment and at-home cheek swab collection kit.



Please note that testing is on hold until July unless you live in New Mexico! If you're interested, please reach out to [genetics@parkinson.org](mailto:genetics@parkinson.org).

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## Keep in Touch!

Visit [Parkinson.org/Southwest](https://parkinson.org/Southwest), 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:  
[southwest@parkinson.org](mailto:southwest@parkinson.org)

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



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