



Community Education Programs

On September 9, the Parkinson's Foundation hosted Cynthia Reed, MD, of the Parkinson Wellness Clinic for "**Parkinson's 101.**" Many thanks to Pandora Larsen, ACE-CPT, FAI-FAS of the Tucson PWR! Gym for an exciting movement break! You can learn more about Cynthia Reed, MD, when she is honored at Moving Day Tucson (see more below).

If you're in Las Vegas, get ready to join us on Saturday, January 20 at the Keep Memory Alive Event Center (Cleveland Clinic Lou Ruvo Center) from 9:00 am to 12:00 pm PT. Learn about current and emerging research in Parkinson's disease (PD) at "[Parkinson's Research and Care.](#)"

Email us at southwest@parkinson.org for questions or to learn about Spring 2024 programs.



Community Care Expo!

The Southwest Chapter is pleased to host an event for professionals serving the local PD community. The [Parkinson's Foundation Community Care Expo](#) is an event designed to connect your business with resources for your Parkinson's patients and/or residents. The Expo will be held on Friday, February 9, 2024.

Email us at southwest@parkinson.org for questions or to get more information!

Join the Study!

PD GENERation: Mapping the Future of Parkinson's Disease 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. We are accepting new PD GENERation participants on a rolling basis at Parkinson.org/PDGENERation.

For questions, call our Helpline at 1-800-4PD-INFO (473-4636).



Gear up for FUNdraising!

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

Let's MOVE together at one of our Moving Day, A Walk for Parkinson's, events taking place this fall!

Join us for the 5th anniversary of [Moving Day Phoenix](#) on Saturday, November 4 at Kiwanis Park in Tempe, AZ, as we honor Debbie Smith for her work with the Arizona Parkinson's community,

Come be a part of [Moving Day Tucson](#) on Saturday, November 11 at Udall Park in Tucson, AZ, where we will honor Dr. Cynthia Reed, local Movement Disorder Specialist.



EP Salud en Casa: Miércoles de Bienestar

“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 www.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](#)

Volunteer Shout Out!

Shout out to Michael Meyers, Parkinson's Foundation Volunteer and President of the Southwest Chapter Board. As a person with Parkinson's and certified Rock Steady Boxing coach, Mr. Meyers felt the need to do more to support the Parkinson's Community. After boxing, he found himself having conversations with other members in his class. The number of people engaged grew quickly from three to forty-five. He decided to formalize the conversation and started a support group with guest speakers. Mr. Meyers' message is this, "You can live a quality life with Parkinson's Disease. Your attitude is key to everything. We can do this." Look for Mr. Meyers' support group, which has been added to the [Arizona Wellness Resources](#) page under Gilbert, Arizona.



Interested in finding a support group or programs in your area?

Check out resources in [New Mexico](#) and [Nevada](#)!

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.

Volunteer Orientation: Last Tuesday of every month at 9:30 am PT/10:30 am MT

Winter Volunteer Call: Friday, December 1, 2023, 9:30 am PT/10:30 am MT

For more details and questions, please contact volunteer@parkinson.org.

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.

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:
southwest@parkinson.org

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



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200 SE 1st Street
Suite 800
Miami, FL 33131

1359 Broadway
Suite 1509
New York, NY 10018