



## WALK FOR PARKINSON

April is Parkinson's awareness month. **WALK FOR PARKINSON** is more than just a walk. It highlights movement and exercise as a symbol of hope and progress in finding a cure for Parkinson's disease. Our annual fundraiser raises awareness and funds for our local community programs, and research to find a cure. Studies show that movement is beneficial and proven to help manage the symptoms of Parkinson's disease,

improving flexibility and mobility. Our aim is to encourage people to stay active and "move" for better health. Weather you take part on a team or join as an individual, you'll get a chance to move with hundreds of supporters who share a common goal to help beat Parkinson's.



To donate please visit [www.parkinsoncf.org](http://www.parkinsoncf.org)



## WANT TO GET INVOLVED? CONTACT US!

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**PARKINSON**  
ASSOCIATION OF  
CENTRAL FLORIDA



The Parkinson Association of Central Florida has complied with the registration requirements of Chapter 496, Florida Statutes, the Solicitation of Contributions Act. Registration # CH42470. A Copy of the official registration and financial information can be obtained from the division of consumer services by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the State.







## PARKINSON

ASSOCIATION OF CENTRAL FLORIDA

The Parkinson Association of Central Florida Inc. (PACF) is an educational and charitable organization registered within the definition of a 501(c)(3) dedicated to serving as a focal point to raise funds for support programs and services to enhance the quality of life for all those affected by Parkinson's disease in Orange, Seminole, Osceola and Lake Counties.

In conjunction with Florida Hospital and other organizations we help promote exercise, rehabilitation and support groups around Central Florida. These services provide resources to the Parkinson's community to remain physically active and informed.

## COMMUNITY SERVICES

### Support Programs

- CHEER>UP Drama Therapy
- C.O.P.E. - Care Optimally Parkinson's Education for caregivers
- Local support groups for people with Parkinson's and their caregivers
- Parkinson's Disease 101
- What's Shaking? - Drama therapy for kids
- YOPD - Young Onset Parkinson's Disease

### Excercise & Wellness

- KOPD Boxing
- Living Out Loud - Voice therapy
- Movement as Medicine
- Parkinson's Golf League
- Pedaling for Parkinson's
- PWR! Parkinson Wellness Recovery

## ABOUT PARKINSON'S

Parkinson's disease is a progressive brain disorder that affects the ability to move. It can lead to tremors, slow movement and problems with balance and walking. In the United States over 60,000 new cases are diagnosed each year adding to the more than one million people who are currently living with Parkinson's.

## FACES OF PARKINSON'S

Meet John Gabriel, National Basketball Association Executive and former Orlando Magic General Manager and Scouting Director for the New York Knicks.



*"As someone who is living with Parkinson's disease, I understand the many challenges it can have on an individual and their family. PACF strives to raise awareness and*

*funds for programs and research to ensure those with Parkinson's receive the best care and support possible."*

