



Dopamine Dance Against PD

Parkinson's Can't Stop Me From Dancing!

April 3 to 11, 2023 - World Parkinson's Day



When Barbara Salsberg Mathews tweeted a video of herself dancing on February 25, 2023, she didn't expect to receive such an amazing response. Within just a few short days, her tweet "Parkinson's Disease can't stop me from dancing" had received over 15,000 views.

Even more amazingly, many other people living with Parkinson's began replying by posting videos of themselves dancing. What started as an optimistic and defiant tweet against PD had become a mini-internet sensation. This gave Barbara an idea. Together, with founding PD Avenger member, Richelle Flanagan, **Dopamine dance against PD** was born.

To raise awareness about Parkinson's and World Parkinson's Day you're invited to participate online. We're asking everyone to boost their dopamine and dance against Parkinson's for the week leading into World Parkinson's Day on April 11. Help raise awareness of the fastest growing neurological condition affecting 10 million people, 40% of whom are women and 30% under the age of 60. Help break the stigma of Parkinson's and take a video of yourself busting out your greatest dance moves and post them on social media starting on April 3 until World Parkinson's day on April 11.

Dance is a powerful form of self-expression and has been linked to benefits for people living with Parkinson's disease. Be sure to share your video using the tags **#dopaminedancepd** **#dancepartypd** and **#dance4parkinsons** starting on April 3 and encourage others to do the same.

Barbara says, *"Together let's spread the message that Parkinson's can't stop us from dancing!"*

If you're looking for some inspiration, take a peek at [Barbara's original tweet](#) to see her dance moves as well as some of the people who replied to her.

"We hope that Dopamine Dance Against PD will raise awareness of Parkinson's. There is still no definitive cause or cure for this disease. We must spark conversation, spark action, and spark a movement. Together, we can end Parkinson's in our lifetime."

— Larry Gifford, President PD Avengers

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For more information, or to book an interview, please contact:

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<https://salsbergmathews.com> Artwork provided by Barbara Salsberg Mathews