

March 14, 2021

Keeping Orange County connected

## An educated patient is an empowered patient.



**SIGN UP NOW!**

Join Us for  
**Taking "ON" Parkinson's Disease**  
A Live Educational Event

When it comes to living with Parkinson's disease, knowledge really is power. Attending an event—either in person or online—is a great way to learn more about how you can take on Parkinson's (while making some friends along the way).

**At this event, you'll:**

- Learn** about Parkinson's disease and how to manage it from a leading healthcare provider
- Explore** a treatment option for Parkinson's
- Hear** an inspiring story from a person affected by Parkinson's
- Get** resources and tools for talking to your doctor
- Connect** with others in the Parkinson's community
- Find** answers to your questions

<b>Who is invited?</b> People living with Parkinson's disease and their care partners	<b>When is it?</b> Mar 15, 2021 3:30 PM PST* *Please plan to log in 15 minutes early.	<b>Where will it be?</b> Online, from the comfort of your own computer or mobile device	<b>Who will present?</b> Mindy Bixby, DO
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Sign up now!  
Visit [takingond.com](https://takingond.com) or Call 1-844-947-4211  
Program Number 1130  
Space is limited and advanced registration is recommended.

Please click the link below to join the webinar:  
**ZOOM LINK**

We look forward to your participation!

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PP-SPM-RYT-US-0300-05/2019

**Live Activism Event**

**March 16th**







**9:00 am PST**

**endingpd.org**

It worked for polio.  
Let's make it work for Parkinson's.

It's time to end PD now.

[READ MORE](#)



**SHARON KRISCHER**

March 21st marks one year of Sunday Mornings with Twitchy Woman. Sharon Krischer has grown this online group from a small local gathering to an international group of hundreds of women with Parkinson's. Come celebrate on March 21st at 10:00 am PST. Guest speaker, Stephanie Goodman, will introduce us to Parkinsons-Art of Expression (PARTE!). Click for more details.



**DEMISTIFYING PARKINSON'S**

March 25th

The Parkinson's Foundation is bringing us the latest in Parkinson's research from Dr. Claire Henchcliffe at UCI and Dr. Irene Litvan UCSD.

[REGISTER HERE](#)

**MAKING GOOD HAPPEN WHILE LIVING WITH PARKINSON'S DISEASE**

**JOIN THE VIRTUAL CONFERENCE**  
**MARCH 25-26, 2021**






**OUR LOCAL PERKY PARKIE, ALLISON SMITH WILL BE SPEAKING AT THIS EVENT. DON'T MISS IT! [CLICK HERE TO REGISTER](#)**

### A Note from Lauren

Founder of PD Buzz


What's that I see? Yes, I think that is a light at the end of the tunnel! Things are opening up. Grandparents can hug their grandchildren once again and that sense of doom that has kept us isolated for a year is lifting. Let's do something positive with this new freedom. Get out and move, meet up with old friends, make a difference in your community. You can start by walking to the mailbox and mailing your red letter to President Biden. What red letter? If you don't know, visit [endingpd.org](https://endingpd.org), print out your letter urging the president to take some action for those with Parkinson's, and drop it in the mail. If every person with PD and every person who loves someone with PD mails a letter, the White House will receive millions of letters. In 1938, millions of letters were sent to the White House and that was the beginning of the end for polio. We can do this for Parkinson's!

We can make a big difference in this world but to make a difference, you have to take action and it will be more effective if we do it together.

Thank you for joining me in the pursuit of wellness.

*Lauren Simmons*

*We are people with Parkinson's helping people with Parkinson's*



**We are honored to be partnering with the Parkinson's Wellness Fund. Your support will help improve the lives of individuals living with Parkinson's, today.**

The Meyrow Foundation d.b.a. The Parkinson's Wellness Fund is a CA non-profit tax exempt 501c3  
EIN #27-1196792

[Donate Here](#)

**Check us out on instagram**

THE INFORMATION PROVIDED IS FOR EDUCATIONAL PURPOSES ONLY. PLEASE SEEK THE ADVICE OF A MEDICAL PROFESSIONAL FOR ANY QUESTIONS YOU MAY HAVE.