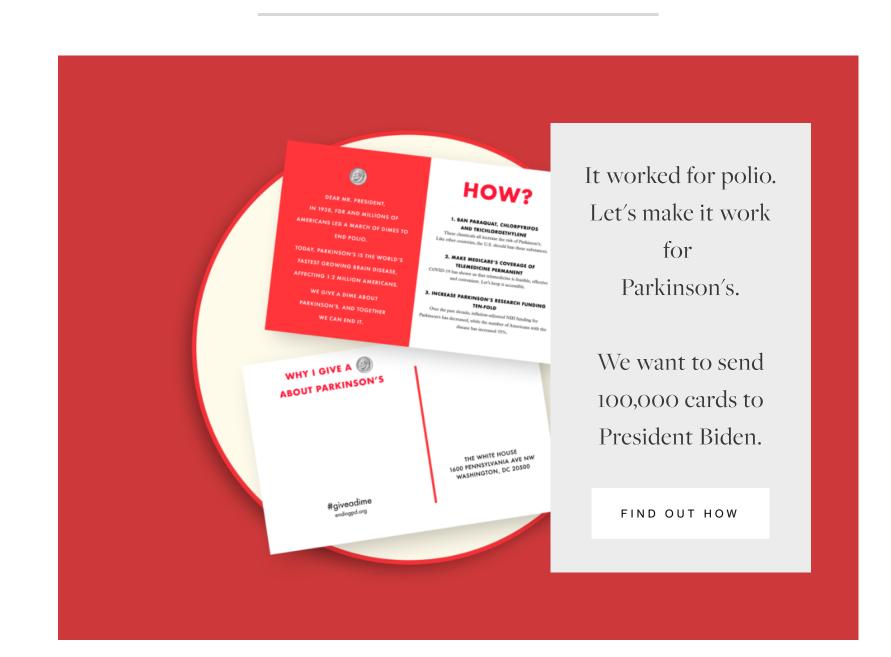
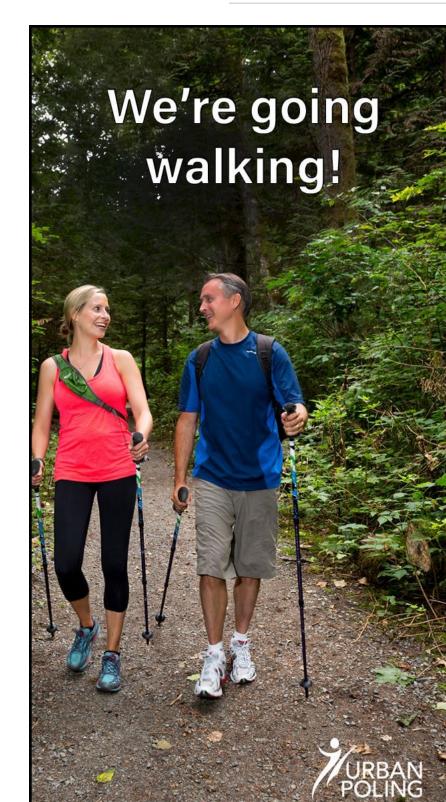


April, 2021 April is Parkinson's Awareness Month!





Parkinson's Walking Club

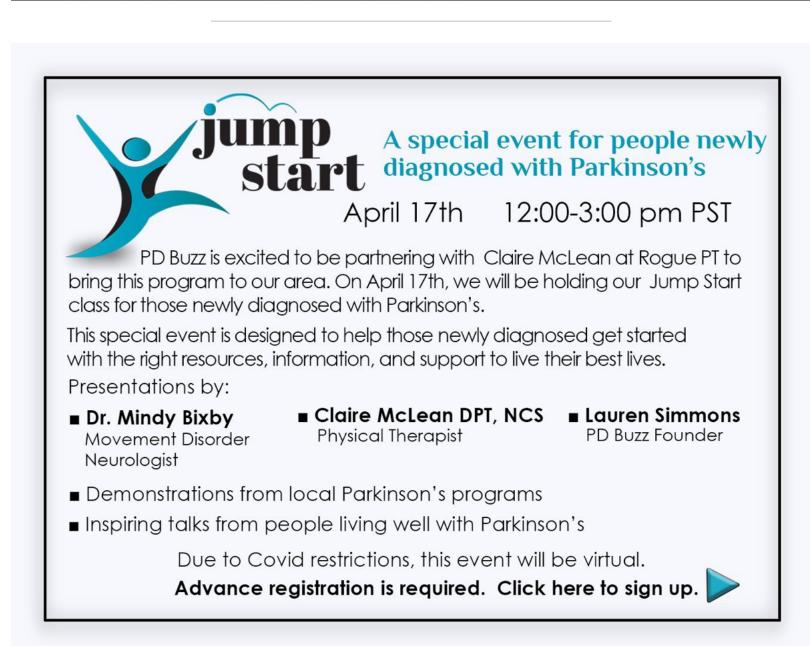
Orange County, CA

When: April 3, 2021 10:00 am

Oso Creek Trail Where: Bring a friend!

Click for more details

pdbuzz.com/events







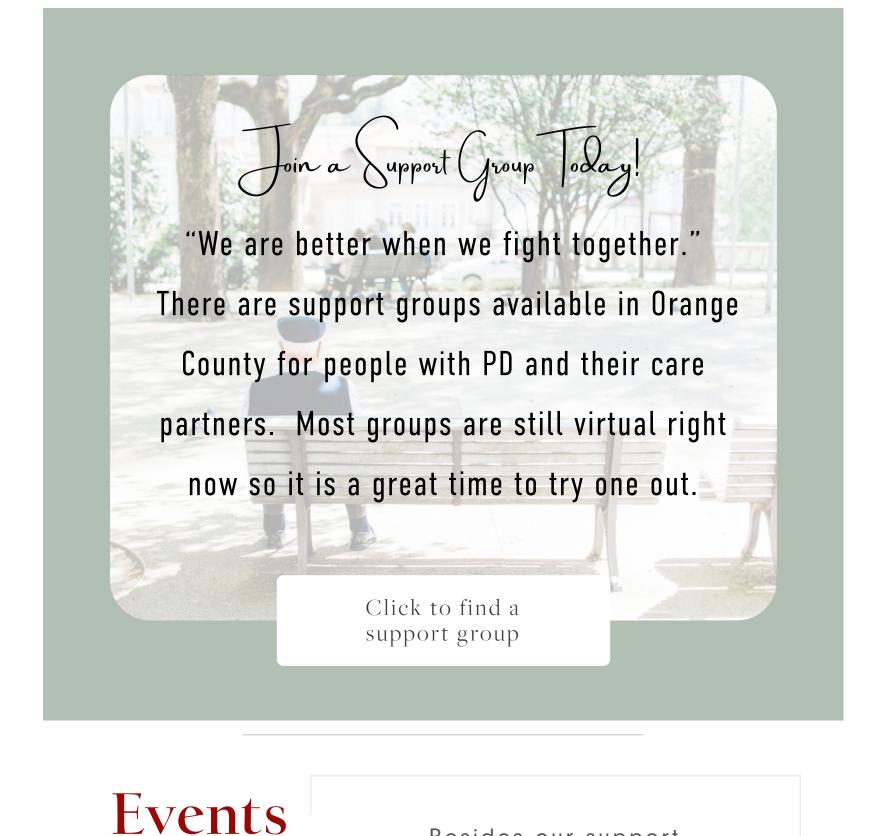
JOIN US FOR A MOVEMENT DAY! For the six weeks leading up to Moving Day we are

encouraging movement and exercise with weekly walking meet-ups. Participate at your own comfort level -- walk with your team, meet up with other Moving Day participants, or maintain social distance or walk individually. Be sure to track your steps in the Moving Day App to earn your step rewards and prizes!

Week 1

Sunday, April 11th, 10am Mile Square Park Fountain Valley LWilliamson@parkinson.org for more info

JOIN TEAM PD BUZZ FOR MOVING DAY!





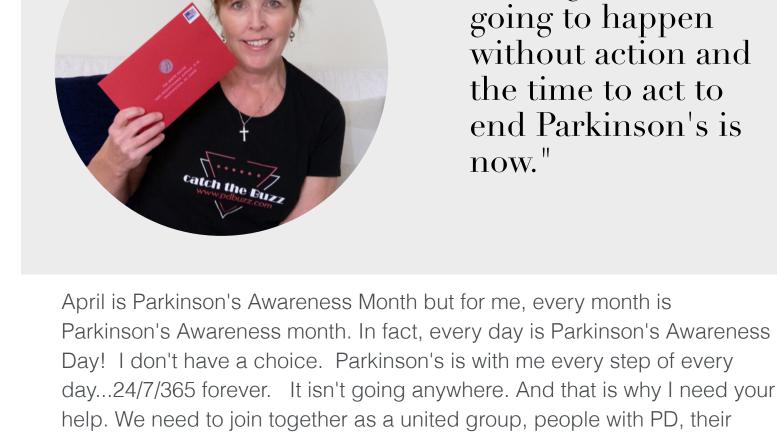
are lots of events happening during Parkinson's Awareness month. Be sure not to miss any. VISIT OUR CALENDAR

Besides our support

group meetings, there

A Note about Advocacy

by Lauren Simmons - Founder of PD Buzz



end Parkinson's is now."

"Change isn't

going to happen

the time to act to

without action and

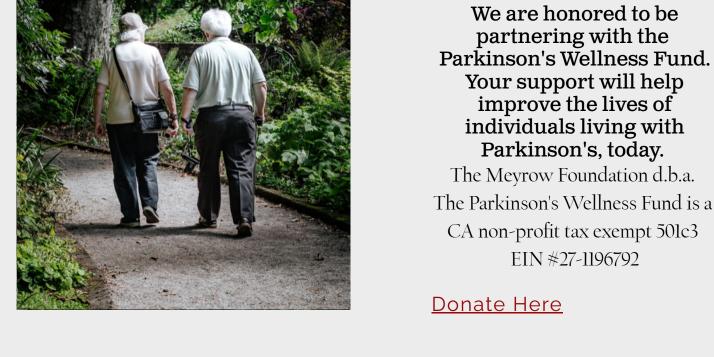
families, friends, and professionals and demand more assistance in fighting PD. You can do this by going to endingpd.org and finding out how to send your request to Washington. You can also do this by educating yourself and others about Parkinson's. Dr. Michael Okun recently stated that people now have a 1 in 15 chance of getting diagnosed with Parkinson's! The numbers are skyrocketing and it is not ok! We can do something about this but it will take action by all of us. For those of you with Parkinson's, I know it can be a struggle to think about being an advocate while just trying to deal with PD. Be your own advocate by taking care of yourself. Take time each day to exercise, eat a healthy diet and stay connected to your family, friends and your PD Community.

about Parkinson's. (Thanks to my friend, Allison Smith, the Perky Parkie, for this idea). Let's raise awareness and end PD together. I hope to see you all soon. Until then, stay strong and be fierce!

Starting in April, I challenge all of you to educate at least one person a day

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.

EIN #27-1196792

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.