

Top 10 Ways to Raise Awareness During Parkinson's Awareness Month and All Year Long!

1 Do Whatever It Takes to Beat Parkinson's®

This national symbol for living well with Parkinson's highlights the many ways you can fight the disease. Explore our interactive webpage and do whatever it takes today!



www.parkinson.org/whateverittakes

2 Wear your Parkinson's Awareness bracelet

Purchase a pack of 20 *Whatever It Takes to Beat Parkinson's* awareness bracelets to give to your friends and family.



www.parkinson.org/store

3 Advocate for quality care for people with Parkinson's

3 out of 4 Parkinson's patients don't get their medications on time during a hospital stay. Order your free *Aware in Care* kit today by calling 1-800-4PD-INFO (473-4636).



www.awareincare.org

4 Walk for Parkinson's at one of our 2014 Moving Day® events

Every move you make and every penny you raise will help us fund our local chapters and bring us one step closer to beating Parkinson's!



www.npfmovingday.org



5 Plan a community fundraising event through Team Hope

Team Hope makes it easy for you to raise awareness and funds in your hometown.



www.parkinson.org/teamhope

6 Attend the NPF Wellness Retreat with your care partner

Join us at a four-day wellness retreat for people living with Parkinson's and their care partners. The program includes daily yoga classes.



www.parkinson.org/retreat

7 Download our free smartphone app, Parkinson's Central

The latest information about Parkinson's is at your fingertips. Download the app on your smartphone and share with your Parkinson's support group.



www.parkinson.org/parkinsonscentral

8 Reach out to your local NPF Chapter

NPF has an extensive network of chapters across the country that host support groups, exercise and wellness classes and educational events. Find one near you.



www.parkinson.org/search

9 Join an online discussion in our "Ask the Doctor" forum

Visit our online forum to ask your Parkinson's questions—our team of specialists are here for you 24/7.



www.parkinson.org/forums

10 Like us on Facebook and follow us on Twitter

NPF provides daily updates on what is happening in the Parkinson's community on social media. Be sure to like us on Facebook and follow us on Twitter to stay informed!



www.facebook.com/parkinsondotorg