

## Texas to Host First Moving Day®



Carey Durham, Moving Day® DFW supporter.

**E**ver since Carey Durham was diagnosed with Parkinson's disease (PD) three years ago she's been hoping that Moving Day®, a walk for Parkinson's, would come to her area. On November 5, not only will Carey be attending the first Moving Day® in Texas, but she will be there with her entire team, which consists of her friends and family.

"I'm just thrilled to be a part of Moving Day® Dallas/Fort Worth (DFW)," Carey said. "I

hope that in the process of fundraising and getting others to attend I can educate people about PD and get them moving."

Carey is doing her fair share to promote the event by leaving flyers and speaking to everyone at her gym, church, yoga studio and doctors' offices to help Annie Long, National Manager of Signature Events at the National Parkinson Foundation, spread the word.

Through experience Annie recognizes that Texas is a large, underserved area in need of more Parkinson's resources. "Texans were looking for a fun, energetic event to get them motivated and staying positive," Annie said.

**“We're hoping that Moving Day® DFW will get the Parkinson's community of north Texas more involved and ultimately provide them with ways to live a better life with Parkinson's.”**

The fundraising goal for Moving Day® DFW is \$100,000 and up to 1,000 people are expected to attend at Globe Life Park. The entire day will be a celebration of movement, featuring a family-friendly walk course, kid's area and a Movement Pavilion that will host free yoga, dance, Tai Chi and non-contact boxing classes — all proven to help manage PD symptoms.

Whitney Antwine will also be attending Moving Day® DFW and is currently serving on the planning committee, which consists of people all around Texas who are helping ensure the event is a success. She volunteers by reaching out to the

media promoting the event while fundraising for her own Moving Day® team. Whitney grew up seeing how Parkinson's affected her grandmother and the entire family, which piqued her interest in NPF.

"I'm excited for the day to finally arrive so I can meet all of the amazing people with Parkinson's, their families and caregivers," she said. "Personally, I want to see caregivers take advantage of the relaxation tent and try some new exercises with their loved one, but more importantly I just want to thank them in person for all they do."

This will be both Whitney's and Carey's first time attending a Moving Day® walk and they agree that they can't wait to meet the Texas Parkinson's community.

"Please come out and support all of us with Parkinson's, our families, and NPF's mission," Carey said. "Come walk and move with us!"

Moving Day® is made possible through the support of our national sponsors: ORIG3N, Lundbeck, UCB and Right at Home.



**Join us for Moving Day® DFW on November 5. To register for the free event, visit [www.movingdaydfw.org](http://www.movingdaydfw.org) or call 770-837-0403. To find a Moving Day® near you, visit [www.npfmovingday.org](http://www.npfmovingday.org).**



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