



[Donate Now](#)

## Community Education

### Pacific Northwest Chapter Parkinson's Symposium

Join us in-person on May 11 in Seattle, WA! Learn about Parkinson's motor and non-motor symptoms and treatments, hear the latest on research, and find resources to help you live your best life with Parkinson's.

Speakers include Anny Lin, MD, UW Medicine Movement Disorder Clinic, and Pravin Khemani, MD, Swedish Movement Disorder Clinic, a Parkinson's Foundation Center of Excellence.



**Gear up for FUNdraising!**

[Moving Day](#) is more than just a friends and family fundraising walk. It's your chance to speak up about Parkinson's disease and move others to take action. Register for [Moving Day @ Home](#) for a next-level LIVE, virtual walk experience!

For more information or questions about Parkinson's Revolution or Moving Day, email us at [pacificnw@parkinson.org](mailto:pacificnw@parkinson.org).

---

### **Parkinson's Awareness Month**

April is Parkinson's Awareness Month!

This year, get to know the #ABCsOfPD and spread the word about Parkinson's disease from A to Z. For each letter of the alphabet, we have highlighted one aspect of PD.

Find resources or help spread the word about Parkinson's disease by visiting: [Parkinson.org/Awareness](https://parkinson.org/Awareness).

### **Mes de la Concientización**

¡Ya estamos oficialmente en el [Mes de la Concientización](#) sobre el Parkinson!

Este año, compartiremos el #ABCsOfPD para difundir la información acerca de la enfermedad de Parkinson, de la A a la Z. Síganos este mes mientras destacamos un aspecto de la EP por cada letra del alfabeto.

¡Encuentre recursos o ayude a correr la voz acerca de la enfermedad de Parkinson visitando [Parkinson.org/Espanol](https://parkinson.org/Espanol)!

---

**WE**   
*Our Volunteers!*

---



## **Volunteers**

Happy National Volunteer Week!

We want to say a special thank you to all the wonderful volunteers in our Chapter. We look forward to our ongoing collaboration as you continue to make a difference in the lives of the Parkinson's community within the Pacific Northwest Chapter and beyond.

If you would like to join our volunteers and become a Parkinson's Foundation Ambassador, go to [Parkinson.org/volunteer](https://Parkinson.org/volunteer) and sign up for an upcoming orientation:

Volunteer Orientations:

[May 21, 2024 at 3:30 pm PT](#)

[June 25, 2024 at 3:30 pm PT](#)

[July 30, 2024, at 3:30 pm PT](#)

[August 27, 2024 3:30 pm PT](#)

For more details and questions, please contact [volunteer@Parkinson.org](mailto:volunteer@Parkinson.org).



## Recursos en español

### EP Salud en Casa: Miércoles de Bienestar

Los expertos lo guiarán a través de los temas del Parkinson que a usted más le importan en estos webinars semanales.

Próximo eventos

- [La enfermedad de Parkinson 101](#): 24 de abril a las 10 am hora del Pacífico
- [Explorando terapias complementarias para el Parkinson](#): 22 de mayo a las 10 am hora del Pacífico
- [Explorando la seguridad en el hogar y las modificaciones en casa](#): 26 de junio a las 10 am hora del Pacífico

Para obtener más información de los eventos en línea o si necesita ayuda para inscribirse, contacte a Jenny Fearday al (312) 201- 4099 o [PDhealth@parkinson.org](mailto:PDhealth@parkinson.org).

### Recursos nuevos en español:

- [8 preguntas que siempre quiso hacer a un especialista en trastornos del movimiento](#)
- [Robin Williams: Demencia con cuerpos de Lewy, suicidio y Parkinson](#)
- [La importancia de hablar abiertamente acerca de las alucinaciones y los delirios en el Parkinson](#)
- [Mi Historia con EP – Gustavo A. Suárez Zambrano, MD](#)

## Stay in Touch

Visit [Parkinson.org/PacificNW](https://parkinson.org/PacificNW), contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at [helpline@parkinson.org](mailto:helpline@parkinson.org), and follow us on Facebook at [Facebook.com/PFPacificnorthwest](https://Facebook.com/PFPacificnorthwest).

For virtual events online, join us for our weekly “PD Health @ Home” programs, Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays. To learn more, visit [Parkinson.org/PDHealth](https://Parkinson.org/PDHealth).

For more information on local events and resources, contact:

**[PacificNW@Parkinson.org](mailto:PacificNW@Parkinson.org)**

**Questions? Call our Helpline:  
1-800-4PD-INFO (473-4636)**

