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Community Education

[Managing Changing Symptoms](#)

Join us in-person on May 4 in Albuquerque, NM to hear Dana Sugar, MD, UNM Health, speak on how Parkinson's symptoms may change over time and new strategies available for managing them.



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. It is a movement for change towards more awareness, more funding, and more understanding of a disease that affects so many of our loved ones. Join us in [Albuquerque, New Mexico](#), or [Santa Fe, New Mexico](#).

For more information or questions about Moving Day, email us at southwest@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://www.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. Síguenos 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://www.parkinson.org/Espanol)!



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 Southwest Chapter and beyond.

If you would like to join our volunteers and become a Parkinson's Foundation Ambassador, go to [Parkinson.org/Volunteer](https://www.parkinson.org/Volunteer). For more details and questions, please contact volunteer@parkinson.org.

Volunteer Orientations:

[May 21, 2024 at 3:30 pm PT/MDT 4:30pm MST](#)

[June 25, 2024 at 3:30 pm PT/MDT 4:30pm MST](#)

[July 30, 2024, at 3:30 pm PT/MDT 4:30pm MST](#)

[August 27, 2024 3:30 pm PT/MDT 4:30pm MST](#)

Recursos en español

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/ 11 am hora del Montaña

- [Explorando terapias complementarias para el Parkinson](#): 22 de mayo a las 10 am hora del Pacífico/ 11 am hora del Montaña
- [Explorando la seguridad en el hogar y las modificaciones en casa](#): 26 de junio a las 10 am hora del Pacífico/ 11 am hora del Montaña

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.

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/Southwest, contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at helpline@parkinson.org, and follow us on Facebook at Facebook.com/PFSouthwest.

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.

For more information on local events and resources, contact:

Southwest@Parkinson.org

**Questions? Call our Helpline:
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