IT’S A NATIONAL STORY.
WE'RE THE LOCAL CHAPTER.

Approximately 30,000 people in the Washington National Capital Area live with Parkinson’s disease. As the leading community resource for Parkinson’s disease, the Parkinson Foundation of National Capital Area (PFNCA) is committed to serving the Parkinson’s community with services, education and support.

Donations raised from Moving Day will support PFNCA’s exercise classes, choir classes, communication classes, dance classes, yoga classes, monthly lecture series, quarterly newsletter and an annual symposium featuring some of the nation’s leading experts in fields related to Parkinson’s disease. For more information or to sign up for Moving Day*, visit www.parkinsonfoundation.org.

NATIONAL SPONSORS
LOCAL GRAND SPONSOR

INTRODUCING MOVING DAY, A NEW DAY FOR PARKINSON’S

Are you ready to join the movement that’s changing the landscape of Parkinson’s? Then Moving Day is your day. Walk along an enjoyable route designed for all ages and fitness levels. Walk for a family member, friend, neighbor, co-worker — or walk with them. Stretch, dance or do yoga in our signature Movement Pavilion. Cheer from a chair at our colorful ceremonies. However you participate, we invite you to be a symbol of movement’s essential role in treating Parkinson’s. You will also be a critical part of its progress — towards added research funding, more programs, and higher awareness. Your voice will be heard on a national level. Your impact will be felt in our community.

Every individual coping with this disease should have the same quality care my Dad did, and that’s why the work of the NPF is so critically important. Its three-pronged mission of research, education, and outreach will help countless people suffering from Parkinson’s today and will develop better treatments for the scores who will be diagnosed in the future. I am proud to be a part of this mission and in doing so, honor my wonderful father, who was a true profile in courage as he soldiered on every day to remain an active and vibrant part of the family he so loved.

— Katie Couric, Honorary National Chair

— Moving Day®
www.parkinsonfoundation.org

NOVEMBER 4, 2012 IS MOVING DAY!
NATIONALS PARK
WASHINGTON, D.C.

WALK FOR PARKINSON’S

Moving Day®
8:30 a.m. - 11:30 a.m.
Washington, D.C.

WWW.PARKINSONFOUNDATION.ORG
(703) 734-1017
MOVINGDAY@PARKINSONFOUNDATION.ORG

NATIONAL PRESENTING PARTNER

Approximately 30,000 people in the Washington National Capital Area live with Parkinson’s disease. As the leading community resource for Parkinson’s disease, the Parkinson Foundation of National Capital Area (PFNCA) is committed to serving the Parkinson’s community with services, education and support.

Donations raised from Moving Day will support PFNCA’s exercise classes, choir classes, communication classes, dance classes, yoga classes, monthly lecture series, quarterly newsletter and an annual symposium featuring some of the nation’s leading experts in fields related to Parkinson’s disease. For more information or to sign up for Moving Day*, visit www.parkinsonfoundation.org.

NATIONAL SPONSORS
LOCAL GRAND SPONSOR

INTRODUCING MOVING DAY, A NEW DAY FOR PARKINSON’S

Are you ready to join the movement that’s changing the landscape of Parkinson’s? Then Moving Day is your day. Walk along an enjoyable route designed for all ages and fitness levels. Walk for a family member, friend, neighbor, co-worker — or walk with them. Stretch, dance or do yoga in our signature Movement Pavilion. Cheer from a chair at our colorful ceremonies. However you participate, we invite you to be a symbol of movement’s essential role in treating Parkinson’s. You will also be a critical part of its progress — towards added research funding, more programs, and higher awareness. Your voice will be heard on a national level. Your impact will be felt in our community.

Every individual coping with this disease should have the same quality care my Dad did, and that’s why the work of the NPF is so critically important. Its three-pronged mission of research, education, and outreach will help countless people suffering from Parkinson’s today and will develop better treatments for the scores who will be diagnosed in the future. I am proud to be a part of this mission and in doing so, honor my wonderful father, who was a true profile in courage as he soldiered on every day to remain an active and vibrant part of the family he so loved.

— Katie Couric, Honorary National Chair

— Moving Day®
www.parkinsonfoundation.org

NOVEMBER 4, 2012 IS MOVING DAY!
NATIONALS PARK
WASHINGTON, D.C.

WALK FOR PARKINSON’S

Moving Day®
8:30 a.m. - 11:30 a.m.
Washington, D.C.

WWW.PARKINSONFOUNDATION.ORG
(703) 734-1017
MOVINGDAY@PARKINSONFOUNDATION.ORG

NATIONAL PRESENTING PARTNER
MOVING DAY: AN EXERCISE IN EMPOWERMENT

For people with Parkinson’s disease, the kinds of movement spotlighted on Moving Day are not only healthy (and a lot of fun), but a vital component to maintaining balance, mobility and daily living activities. In fact, exercise can actually help slow the progression of Parkinson’s. So whether you’re on the route or in the Movement Pavilion, you will be a real symbol of hope for our community.

About Parkinson’s Disease

Parkinson’s disease is a neurodegenerative brain disorder that progresses slowly in most people. 50,000 new cases are diagnosed each year including a growing number of people under 40 years of age, adding to the ONE MILLION people with Parkinson’s in the United States.

IT’S FUNDRAISING TO WIN THE FIGHT AGAINST PARKINSON’S.

Beat Parkinson’s...now those are fighting words. Winning the battle against Parkinson’s disease has been an integral part of the National Parkinson Foundation’s mission since it was founded in 1957. It’s the reason for this Moving Day. We make sure the money you raise will help improve the lives of every person with Parkinson’s by:

- Advancing education, support and outreach
- Providing free local resources for communities
- Accelerating cutting edge research
- Raising awareness about the prevalence of Parkinson’s and the need for more support

www.parkinson.org
Helpline: 1800.4PD.INFO

PEOPLE WHO MOVE CHANGE THE WORLD.

All participants who raise at least $100 will receive a Moving Day T-shirt at the event.

Join our Local Chairs, Tammy Darvish of Darcars (pictured above) and Andy Feffer of the Washington Nationals (right), on Moving Day”, the collaborative effort of the National Parkinson Foundation and the Parkinson Foundation of National Capital Area. The event is a day of joining together and raising awareness of Parkinson’s disease. This year we anticipate over 2,000 participants, including people with Parkinson’s, families, friends, healthcare professionals, corporate leaders and corporate teams, who will join together to exercise while raising funds in support of the Foundation’s mission. It is a day to move, a day that will move you and a day to move others.