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THE AMERICAN PARKINSON DISEASE ASSOCIATION (APDA) KICKS-OFF 2019 NATIONAL OPTIMISM WALK SERIES

*Thousands Band Together Across the Country to Help People with
Parkinson's Live Life to the Fullest*

NEW YORK, NY, March 4, 2019 – The American Parkinson's Disease Association (APDA) officially announces the full schedule for the [2019 APDA Optimism Walks](#) -- a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's disease (PD). There are one million people living with PD in the United States, with more being diagnosed every day. With 18 events across the country, the Optimism Walk series brings thousands of participants together across the country to support APDA's mission to help every person impacted by PD live life to the fullest. By raising funds and awareness, each and every participant is helping to make a difference for those living with the disease today and to push for answers that will ultimately make PD a thing of the past.

The 2019 Optimism Walk season kicks-off on March 30 with events in [Coconut Creek, FL](#) and [Southern California](#), followed by events taking place in cities across the country including (but not limited to) [Atlanta, GA](#); [Virginia Beach, VA](#); [Seattle, WA](#); [Boston, MA](#); [St. Louis, MO](#); [Madison, WI](#); [Warwick, RI](#); [Chicago, IL](#); [Westport, CT](#); [Long Island, NY](#) and more!

Each [APDA Optimism Walk](#) is a family-friendly fundraising event that offers a non-competitive walk (between 1-3 miles, distance varies by location), music, educational opportunities, giveaways, fun activities, and more. The Optimism Walk is an important opportunity for friends, families, and individuals who are affected by PD to come together and show support, share stories, get a little exercise, and leave feeling inspired and motivated. It's an important chance to bond with others who are similarly connected.

"There is strength in numbers and year after year, when we see friends and families come together at our Optimism Walks we are reminded of how important that strength can be," said APDA President & CEO Leslie A. Chambers. "When someone you love is diagnosed with Parkinson's disease, it can be frustrating to not know how to help. But then we see that frustration turn into motivation, determination and purpose at each Optimism Walk. We hear from participants who feel proud to have made a difference, who have done their part by raising critical funds that will enable APDA to provide more programs and services to the local PD communities."



Walkers having fun while raising funds and awareness at a 2018 Optimism Walk!

The funds raised at each Optimism Walk help APDA provide much-needed support groups, exercise classes designed specifically for people with PD, educational conferences, and so much more. “Access to the right information and support is key to living your best life, and that’s true for the person living with PD as well as care partners, friends and family,” states Chambers. “APDA is the largest grassroots network serving people with PD and their families. The more funds we raise at each Optimism Walk, the more people we can help every day.”

Corporate partners Acadia Pharmaceuticals, Adamas Pharmaceuticals, Amneal Pharmaceuticals, Lundbeck and Sunovion Pharmaceuticals have joined as National Sponsors of the Optimism Walk 2019 event series. Representatives from these companies will be on hand at many of the events to meet members of the PD community and demonstrate their special commitment to helping people with PD, families and care partners as they work tirelessly to bring innovative solutions to those living with this disease.

To find an Optimism Walk in your area, visit the [Optimism Walk section](#) of the APDA website.

About the American Parkinson Disease Association (APDA)

The American Parkinson Disease Association (APDA) is the largest grassroots network dedicated to fighting Parkinson’s disease (PD) and works tirelessly to assist the more than 1 million Americans with PD live life to the fullest in the face of this chronic, neurological disorder. Founded in 1961, APDA has raised and invested more than \$185 million to provide outstanding patient services and educational programs, elevate public awareness about the disease, and support research designed to unlock the mysteries of PD and ultimately put an end to this disease. To join us in the fight against Parkinson’s disease and to learn more about the support APDA provides nationally through our network of Chapters and Information & Referral (I&R) Centers, as well as our national Research Program and Centers for Advanced Research, please visit us at www.apdaparkinson.org

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