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WALKING TO END PARKINSON'S DISEASE: AMERICAN PARKINSON DISEASE ASSOCIATION (APDA) EXPANDS NATIONAL OPTIMISM WALK SERIES

More Cities. More Walkers. More Funds to Help People with Parkinson's Live Life to the Fullest

NEW YORK, NY, February 26, 2018 – The American Parkinson's Disease Association (APDA) officially announces the schedule for the [2018 Optimism Walks](#) -- a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's disease (PD). Expanding to 20 events this year, the Optimism Walk series brings thousands of participants together from coast to coast to walk, raise funds and support APDA's mission to help every person impacted by Parkinson's disease live life to the fullest. The 2018 Optimism Walks will take place in cities across the country including (but not limited to) [Coconut Creek, FL](#); [Los Angeles, CA](#); [Virginia Beach, VA](#); [Boston, MA](#); [Seattle, WA](#); [St. Louis, MO](#); [Madison, WI](#); [Warwick, RI](#); [Chicago, IL](#); [Westport, CT](#) along with brand new events in [Atlanta, GA](#), Long Island, NY, and more!

Each [APDA Optimism Walk](#) is a fundraising event that offers a fun-filled invigorating walk (between 1-3 miles, distance varies by location) and an important opportunity for friends, families, and individuals coping with PD to take their passion and concern and turn it into a positive experience aimed to help end the devastation of PD. Optimism Walks offer additional support, educational opportunities, family-friendly activities and the chance to bond with others who are similarly connected.

"Our Optimism Walk events are critical to the PD community for many reasons" said APDA President & CEO Leslie A. Chambers. "First, the funds raised will enable APDA to continue providing local information, education, and support to those impacted by Parkinson's disease. Second, each Walk is an important opportunity for people impacted by PD to come together, share stories, offer support and connect. The emotional benefits of people coming together for a cause are immeasurable. Third, we are learning more and more about the significant benefits of exercise for people with PD, so what better way to support APDA and each other than by getting out there and walking!"

Corporate partners AbbVie, Lundbeck and Sunovion have joined as National Sponsors of the Optimism Walk 2018 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 \$170 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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