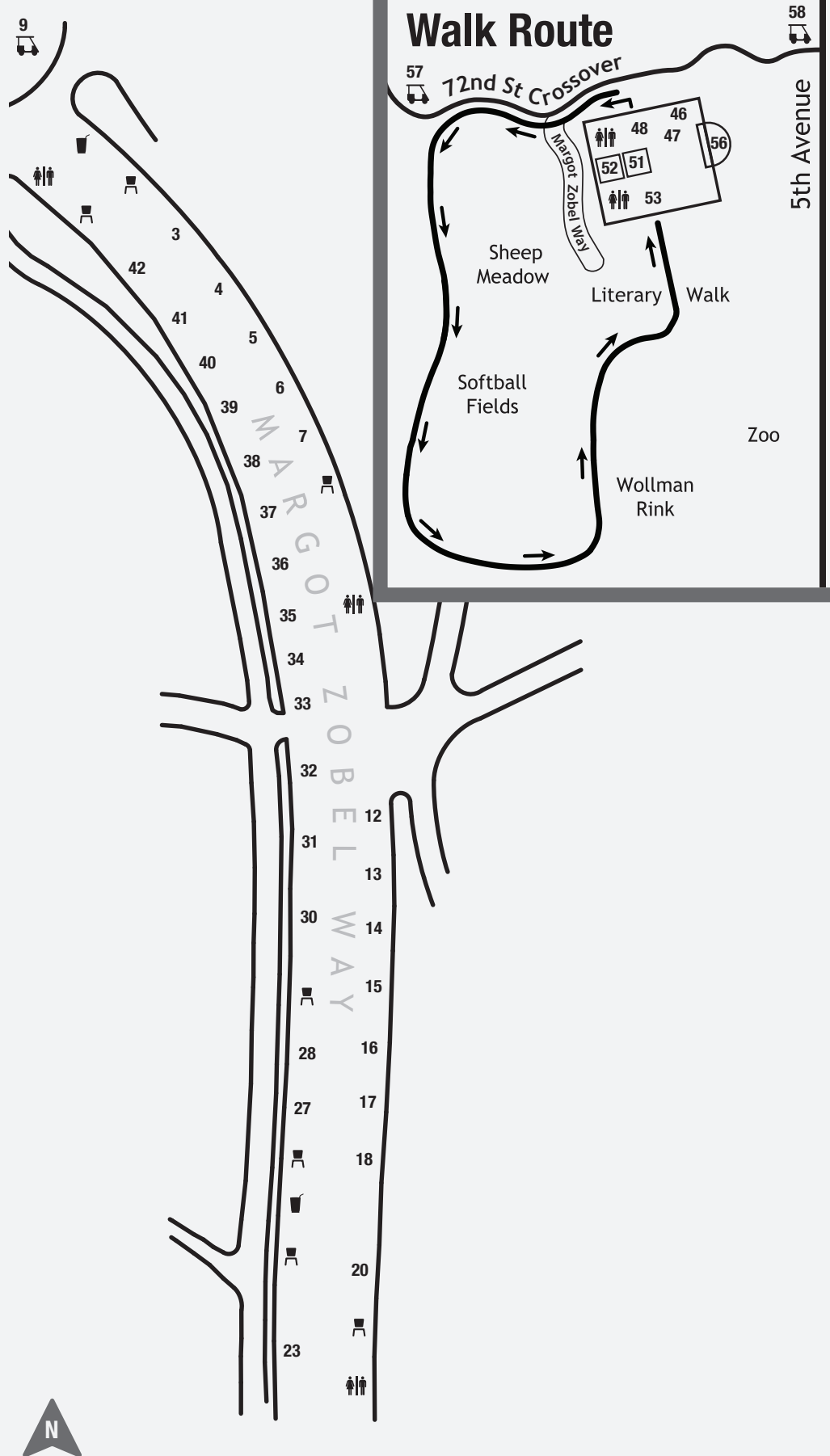


Parkinson's Unity Walk

1. REFRESHMENTS NORTH ☐
2. COVERED SEATING ☐
3. NEW JERSEY BRAIN & SPINE/
HACKENSACK MERIDIAN HEALTH
4. MEDTRONIC
5. MEDIFLIX
6. PD AVENGERS/
WORLD PARKINSON COALITION
7. PARKINSON'S FOUNDATION
8. SEATING ☐
9. GOLF CART WAITING AREA
10. RESTROOMS ♀♂
12. AMNEAL PHARMACEUTICALS
13. YOURS, TRULY BY ACADIA
14. LSVT GLOBAL
15. ABBOTT
16. MT. SINAI/COLUMBIA
17. AVION PHARMACEUTICALS
18. THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH
20. KID'S ZONE
21. SEATING ☐
22. RESTROOMS ♀♂
23. TEAM PHOTO BOOTH
24. SEATING ☐
25. REFRESHMENTS SOUTH ☐
26. SEATING ☐
27. UCB
28. GETTING EVERYONE
INVOLVED IN RESEARCH
29. SEATING ☐
30. NEXSTRIDE
31. ACORDA THERAPEUTICS
32. SUPERNUS PHARMACEUTICALS
33. INFORMATION/SPONSOR
CHECK-IN/LOST & FOUND
34. ABBVIE NEUROSCIENCE
35. AMERICAN PARKINSON
DISEASE ASSOCIATION
36. SUNOVION
37. KYOWA KIRIN
38. BOSTON SCIENTIFIC
39. STONY BROOK/NORTHWELL HEALTH
40. PMD ALLIANCE
41. THE PARKINSON ALLIANCE
42. ASK THE EXPERTS/
MOVEMENT & EXERCISE
43. SEATING ☐
44. RESTROOMS ♀♂
46. REGISTRATION & DONATIONS
47. VOLUNTEER TENT
48. START LINE
51. GIVE-A-WAYS
52. MAKE-A-SIGN
53. FINISH LINE
54. RESTROOMS ♀♂
55. RESTROOMS ♀♂
56. BANDSHELL STAGE
57. GOLF CART STOP
58. GOLF CART STOP



SEE BACK FOR EVENT TIMELINE

28TH PARKINSON'S UNITY WALK

May May Ali, Parkinson's Advocate and Michelle Charlesworth, WABC-TV Weekend Anchor will serve as emcees of the Bandshell program.

BANDSHELL PROGRAM TIMELINE

8:30 am	Welcome - Walk begins Carol Walton and May May Ali	11:00 am	Amplify your Life with LSVT LOUD and LSVT BIG Experience new power in your voice and movement by participating in fun exercises with expert LSVT therapists. Learn how these scientifically proven speech, physical and occupational therapies can help you claim the strong voice and movement you need in daily life!
8:45 am	Wake Up and Stretch Safely stretch your muscles and open your joints to motivating music to prepare your body for the Walk.	11:30 am	Yoga for Parkinson's Open up new pathways of flexibility, stretch out and relax in this easy to follow yoga practice. A perfect complement to your Unity Walk, this practice is for everyone who wants to feel good, to stretch and feel centered after a day of walking! For all ages and abilities.
9:00 am	Nia: Movement, Music & Magic Laugh, move, and sing to great music while simultaneously increasing your mobility and stability. Nia is a beautiful blend of dance, martial arts, and yoga. Ignite your body, mind, and spirit in this special class for all ages and abilities.	12:00 pm	Sing for PD Join us for a Sing for PD demo class exploring breath, rhythm, and voice through a selection of familiar favorites!
9:30 am	Dance for PD Your mind, body, and soul will be inspired as teachers from the flagship NYC Dance for PD® program guide joyful movement etudes in English, Mandarin, and Spanish. Seated or standing, we invite you to explore the universal language of dance with us!	12:30 pm	Michelle, May May and Music!
10:00 am	Spencer Gee Tai Chi Professor Spencer Gee provides a variety of classes in Tai Chi, Self-Defense, and Core Training at Hofstra University as well as personal training in Roslyn and workouts at various Senior Centers.	12:45 pm	Closing
10:30 am	Rock Steady Boxing – NYIT The NYIT Rock Steady Boxing program has 9 certified boxing coaches including a neurologist, exercise physiologist, occupational therapist, physical therapists, and a mixed martial arts coach. Enjoy this demonstration of a basic boxing workout progression and see our boxers Fight Back Against Parkinson's!		

KEEP FUNDRAISING!
**Donations for this year's Walk
accepted through June 4th!**

Submit Your Favorite Walk Moment!



Tag your photos with #PUW2022 @unitywalk.
Your photo may be picked for our post-Walk video!

By using our promoted hashtag, you give us permission to repost your content.



Download the Unity Walk App!

