

24TH 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 ALL TIMES ARE APPROXIMATE

Welcome - Walk begins

8:30 am Carol Walton, CEO, The Parkinson Alliance
May May Ali, Parkinson's Advocate

Wake Up and Stretch to the Classics

8:45 am Safely stretch your muscles and open your joints to classical music to prepare your body for the Walk.

Nia Brain Body Fitness for PD

9:00 am Individuals living with Parkinson's and their families have embraced Nia Brain Body Fitness as a fun, accessible, adaptable fitness modality that connects the body and mind as it increases your heart rate and gets you moving. For all ages and abilities.

Both programs above are facilitated by Caroline Kohles, instructor from the Edmond J. Safra Parkinson's Wellness Program – NYC

Dance for PD, Sing for PD and PD Movement Lab

9:30 am Dance for PD - Dance with us as participants and teachers from the flagship NYC Dance for PD® program showcase three creative, joyful movement etudes that inspire the mind, body and soul.

Sing for PD - Under the direction of Heather Curran, participants from Sing for PD classes will perform a selection of favorite Broadway tunes and American classics, dedicated to the memory of William Wade. Feel free to sing along!

PD Movement Lab - Brooklyn class participants and volunteers perform a new piece choreographed by Pamela Quinn and Pat Hall, with music by Brent Lewis.

The Original Mixed Company

10:15 am The Original Mixed Company is an oldies singing group specializing in Doowop, R&B, and Gospel.

Rock Steady Boxing – NYIT

10:45 am The NYIT Rock Steady Boxing program has 8 certified boxing coaches including a neurologist, recreational therapist, occupational therapist, and physical therapists. Enjoy this demonstration of a basic boxing workout progression and see our boxers Fight Back Parkinson's!

The Original Mixed Company

11:15 am The Original Mixed Company is an oldies singing group specializing in Doowop, R&B, and Gospel.

Amplify your Life with LSVT LOUD and LSVT BIG

11:45am 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!

Small Beach Towel Workout for PD

12:15 pm Get ready for the beach by working out using a towel and other props to improve motor coordination and tone your muscles. Facilitated by Caroline Kohles, and Pamela Quinn instructors from the Edmond J. Safra Parkinson's Wellness Program – NYC.

Closing

12:45 pm

Submit Your Favorite Walk Moment!

Tag your photos with #puw2018 @unitywalk. Your photo may be picked for our post-Walk slideshow and you'll be entered into a raffle to win a PUW hooded sweatshirt!

Only registered walkers are eligible to win. Winner to be announced on 5/2/18. By using our promoted hashtag, you give us permission to repost your content.



Keep Fundraising! Download the Unity Walk App.



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