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## FOXFEED BLOG

### Make Every Step Count at the Parkinson's Unity Walk on April 26

February 27, 2014



*We're excited to host this guest post from the Parkinson's Unity Walk committee. We hope to see you at the Parkinson's Unity Walk on Saturday April 26th in Central Park. Sign up to walk today!*

Twenty years ago, a courageous woman set out on a mission to create change in the Parkinson's community. In 1994, Margot Zobel (1936-2010), a person with Parkinson's disease, singlehandedly rallied a small group of

200 supporters to create the first Parkinson's Unity Walk. Together, they raised \$16,000 for Parkinson's research that inaugural year.

Now imagine a beautiful spring day in 2013 when the Parkinson's Unity Walk brought together more than 10,000 participants and raised over \$1.7 million for research.

Margot Zobel's determination lives on, and the community will soon gather once again for the 20<sup>th</sup> Walk. **The 2014 Parkinson's Unity Walk will take place on Saturday, April 26, at the Naumburg Bandshell in New York City's Central Park.** When you join the 1.4-mile, wheelchair-accessible stroll, you will bring us one step closer to our common goal of moving closer to therapies that can improve quality of life for those living with Parkinson's disease.

The Parkinson's Unity Walk is the largest grassroots fundraiser for Parkinson's research in the United States, raising awareness and funds for research. Every penny raised goes to research funded by **seven major U.S. Parkinson's disease foundations**, including The Michael J. Fox Foundation for Parkinson's Research.

From 2013 Walk donations, The Michael J. Fox Foundation is funding **a study** to demonstrate that inhaled L-dopa safely provides rapid symptomatic relief of OFF episodes during chronic, at-home use.

In addition to the Walk's primary goal to raise funds for research, it is also a day of community and education. At the Walk, informational booths staffed by representatives from companies and organizations working in Parkinson's disease feature available therapies, information on participating in clinical trials, and advocacy resources. The Ask the Healthcare Experts booth provides access to health care professionals including a movement disorder specialist, neurosurgeon, and physical therapist who can offer general information on disease management.

"Through the people my mother met at the Walk, she has joined support groups, learned of new medications, and was referred to the movement disorder specialist she now sees on a regular basis. Without this event, we would be utterly lost. My family owes a great deal to the Unity Walk and I encourage anyone living with Parkinson's or those who know someone affected by it to participate. Simply put, it's a lifesaver," said Jenny Erasmus, Captain of her family's Parkinson's Unity Walk team, Deen's Day Trippers.

You can also spring into action locally. The Walk attracts supporters from all 50 states and 23 countries. Participants, who join from a distance, fundraise and plan events all year from their hometowns! However you choose to participate, experience the sense of hope and strength that is created when the Parkinson's community unites to raise funds and awareness.

To make every step count, **register/donate at unitywalk.org**. For live updates, follow the event hashtag #puw2014.

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