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**Join the Movement: APDA's Optimism Walk
Comes to Falmouth, MA to Make Strides Against Parkinson's**

Local Community Bands Together to Raise Much-Needed Funds & Awareness

FALMOUTH, MA – [The American Parkinson Disease Association \(APDA\) Massachusetts Chapter](#) is hosting its annual Optimism Walk event on Cape Cod in Falmouth, as part of a nationwide initiative to raise awareness and vital funds for the Parkinson's disease (PD) community. The local walk is set to take place on Sunday, September 22 at Falmouth High School (874 Gifford Street, Falmouth, MA), and promises to be an inspiring day of community, support, and optimism. [Registration is open now.](#)

The Optimism Walk series is a cornerstone of APDA's efforts to empower individuals living with PD and their families while advancing research towards better treatments and ultimately a cure. By participating in the Walk, attendees not only show solidarity with those affected by Parkinson's but also contribute to the essential resources and programs provided by APDA to the local PD community. There are approximately one million people living with Parkinson's disease in the United States – 3,500 of which are right here on Cape Cod and the Islands.



Forever optimistic. Together in solidarity, walkers raise funds and awareness at last year's Optimism Walk.

The APDA Massachusetts Optimism Walk on Cape Cod is a family-friendly event that offers a short walk of up to 3 miles (distance is optional) and other activities including educational opportunities, raffles, sponsor activities, music, pizza and most importantly, the chance to bond with others who are similarly connected. It is perfect for people with PD, their friends, family, coworkers and care partners – anyone who wants to step up and help put an end to this disease.

[Registration is free and open to all.](#) Participants are encouraged to form teams, fundraise, and spread awareness leading up to the Walk. Fundraising efforts are crucial in supporting APDA's mission to provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest, and as such, there are rewards for anyone fundraising \$100 or more. Funds raised help fuel APDA Massachusetts Chapter programs and resources such as their community grant program, the APDA Information & Referral Center at Boston University Medical Campus, and the approximately 50 support groups offered across the state.

"With a new Parkinson's disease diagnosis every six minutes, PD affects millions of individuals and families across the country," says Jay Zavala, Board Vice President, APDA Massachusetts Chapter and Falmouth resident. "Events like the APDA Optimism Walk are instrumental not only in rallying support for our critical work, but also in forging a sense of community and camaraderie that is so crucial for people living with PD."

To register for the APDA Massachusetts Optimism Walk on Cape Cod, or to learn more about how to get involved, please visit www.apdaparkinson.org/ma or call 617-634-2497.

The [APDA Massachusetts Chapter](http://www.adpaparkinson.org/ma) offers a wide range of Parkinson's disease programs, resources, education, and support. To learn more, visit www.adpaparkinson.org/ma, email apdama@apdaparkinson.org or call 617-638-8466.

About APDA: The [American Parkinson Disease Association \(APDA\)](http://www.apdaparkinson.org) is a nationwide grassroots network dedicated to fighting Parkinson's disease (PD) and works tirelessly to help the more than one million people in the US 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 \$282 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 in the fight against Parkinson's disease and to learn more about the support APDA provides nationally through a network of Chapters and Information & Referral (I&R) Centers, as well as a national Research Program and Centers for Advanced Research, please visit www.apdaparkinson.org

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