



PMD Alliance

Parkinson & Movement Disorder Alliance



Welcome to our IN SYNC!® Roundtable!



Collaboration Agreements



**Mute Your Mic
When Necessary**



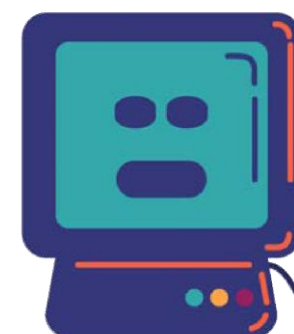
Listen Deeply



"Yes! And..."



**Move with
Intention**



**Be Patient
with Technology**



Today's Chatstorm:

What is your favorite part of the support group?



April Roundtable for Support Group Leaders



Parkinson's Awareness Month

Breakout Rooms

- *Small group discussion*
- *Share main insights*





What are folks doing for April?

PMDAlliance.org

In-person Events:

April 6: Woodbridge, VA

April 13: Bethlehem, PA

April 14: Lewisburg, PA



Online Events

April 2 - Bladder Relief With PD

April 3 - Share Your Story to Raise PD Awareness

April 10 - Orange County Tremble Clefs

April 11 - More than Motor Symptoms



Online Events

April 18 - Lips Sealed: What you are not
Telling your Doctor

April 22 - Parkinson's Doesn't
Discriminate: A Panel Discussion

April 30 – Deep Brain Stimulation: Real
People, Real Experiences



What are folks doing for April?

Pdavengers.com

Dopamine Dance

Whether you're a person living with Parkinson's, care partner or just want to help the cause, take a video of yourself busting out your greatest dance moves and post them on social media starting on April 3 until World Parkinson's day on April 11.
#DopamineDance.



Spark the Night

Spark the Night is a global initiative dedicated to raising awareness of Parkinson's disease. It involves illuminating landmarks, buildings, and iconic landmarks with blue lights on World Parkinson's Day, April 11, to symbolize unity, support, and visibility for the Parkinson's community. This campaign aims to spark conversations, drive change, and foster hope and solidarity worldwide. *We are asking for medium blue HEX 0000CD, RGB 0, 0, 205.*

You can participate in Spark the Night by:

Lighting up your own homes or businesses with blue lights.

Sharing information about the campaign on social media using the hashtag #SparkTheNight.

Encouraging local landmarks, buildings, and iconic structures to participate by illuminating them with blue lights.



Sit to Stand Challenge

On April 11, 2024 join individuals and organizations from around the world in the commitment to stand up to Parkinson's Disease by collectively completing **two million** Sit to Stands in 24 hours!

Register on PD Avengers.com



Parkinson's Disease Foundation

WWW.Parkinson.org

Mindfulness Mondays

April 5 - Southwest Chapter's Parkinson's Symposium (in-person and virtual)

April 6 - University of FL symposium (in-person and virtual)

April 10 - Research Update: Working to Halt PD

April 17 – Exploring Longevity and progression



Davis Phinney Foundation

April 2: [Live Webinar: Emergent Therapies w/ Soania Mathur, MD and Michael Okun, MD](#)

April 2: [Care Partner Meetup](#)

April 8: [Espacio Parkinson - Mes de la Concientización sobre el Parkinson](#)

April 18: [Living Well with Parkinson's Meetup](#)



Let's Breakout!!



*"What is your group doing
For Parkinson's Awareness
Month?"*

- ✓ 6-7 people in each room
- ✓ 45? minutes to chat - designate a notetaker!
- ✓ Sharebacks in the main room



Farewell Chat...

“What new insight did you gain from today's Roundtable?”

