



# STEP UP TO PARKINSON'S

**A walking program to enhance  
physical activity, verbal  
communication, and social  
connection**

## Weekly Walking Program

Where: Missouri Botanical Gardens

Time: 60 minutes per week

For: 6-12 months

## Study Visits

Where: Saint Louis University

Time: 1 study visit (up to 75 minutes) every 6 months

For: 6-12 months

## You May Qualify If You:

- Are between 30 and 85 years of age
- Have been diagnosed with Parkinson's disease

## Purpose of the Study

- Examine the effectiveness of a community walking program to improve physical activity and speech communication for people with Parkinson's Disease



**For more  
information  
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