**PARKINSON’S AWARENESS MONTH**

The following is suggested wording to include in an email or newsletter. Thank you for sharing this important message with your business, customers, and community!

April is Parkinson’s Awareness Month and is the time to shine a light on a disease that affects over 1 million people in the U.S., with 90,000 more diagnosed each year. Parkinson’s is a progressive neurological disorder that impacts movement and balance, causing motor symptoms like tremor and rigidity as well as non-motor symptoms such as anxiety, depression, and fatigue. The American Parkinson Disease Association (APDA) is here to help, by providing support, education, wellness and community, while also investing in cutting-edge research to improve lives and drive progress toward a cure. Interested in learning more about Parkinson’s disease? Register for a virtual PD Essentials on April 30 from 12-1pm PT. [Click to Register.](https://secure.qgiv.com/for/ancnf/event/april2025virtualpde/)

**Join APDA in spreading awareness this April! Visit** [**apdaparkinson.org/nw**](https://www.apdaparkinson.org/community/northwest/) **to learn more about Parkinson’s disease or contact** **apdanw@apdaparkinson.org** **to get involved.**

Feel free to use the ***Every 6 Minutes*** graphic that is included in this toolkit to show your support for Parkinson’s Awareness Month.

Thank you for following the APDA Northwest Chapter on [LinkedIn](https://www.linkedin.com/company/american-parkinson-disease-association-apda-northwest-chapter/), [Instagram](https://www.instagram.com/apda_nw/), and/or [Facebook](https://www.facebook.com/APDAnorthwest/), and helping spread awareness during April by sharing our posts!

The materials referenced above can also be found at [April PD Awareness Month | APDA Northwest](https://www.apdaparkinson.org/community/northwest/about/april-pd-awareness-month/)

**April 11 is World Parkinson’s Day.** This is a day to raise awareness and show support for people living with Parkinson’s disease. PD Avengers has spearheaded a global effort to light up buildings and landmarks in blue on April 11, to raise awareness and signify unity, hope, visibility and recognition. If you are interested in lighting up your building or learning more about this awareness effort, visit https://www.pdavengers.com/spark-the-night-album