

APDA NORTHWEST CHAPTER TO HOST FREE HOQUIAM PROGRAM ON BRAIN HEALTH

Healthy Brains, Healthy Aging will offer expert insights, practical guidance, and connection for people living with Parkinson's, care partners, families, and the broader community.

HOQUIAM, WA, MARCH 23, 2025 – The [American Parkinson Disease Association \(APDA\) Northwest Chapter](#) is set to host a special program for area residents. [Healthy Brains, Healthy Aging](#), an APDA Northwest educational event, will take place on Tuesday, March 31, from 2:30 PM to 4:30 PM at Immanuel Baptist Church (1200 Soule Avenue, Hoquiam, WA).

This program is designed to educate, empower, and connect those impacted by Parkinson's disease, as well as educate the broader community on brain health and healthy aging. The interactive program will feature a presentation by neuropsychologist Dr. Justin Miller on brain health and the non-motor symptoms of Parkinson's disease, including cognitive changes, mood and behavior changes, and dementia risk. While Parkinson's-specific education is central to the discussion, the information shared is relevant to anyone interested in cognitive wellness and healthy aging.

Parkinson's disease is the fastest-growing neurological disorder in the world. There is a new Parkinson's disease diagnosis every six minutes, and APDA is here for every one of them. states Kirsten Richards, Executive Director, APDA Northwest Chapter. "We understand that the Parkinson's journey can be challenging, which is why we are committed to providing trusted information, meaningful support, and programs like this one for individuals, families, and community members."

[Registration](#) for *Healthy Brains, Healthy Aging* is open now. Attendance is free, but space is limited. [Register](#) online or by calling 206-695-2905.

The APDA Northwest Chapter offers a wide range of Parkinson's disease programs, resources, education, support, and the opportunity to connect with others in the PD community. To learn more, visit www.apdaparkinson.org/northwest, email apdanw@apdaparkinson.org, or call 206-695-2905.

About the American Parkinson Disease Association:

The American Parkinson Disease Association (APDA) is a nationwide grassroots network dedicated to fighting Parkinson's disease (PD) and works tirelessly to assist the more than one million people with PD in the United States live life to the fullest in the face of this chronic, neurological disorder. Founded in 1961, APDA has raised and invested more than \$338 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 end 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 us at www.apdaparkinson.org.

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