

9 MINUTES

Every 9 minutes, someone in the U.S. receives a diagnosis of Parkinson's disease

9 REASONS

Here are 9 great reasons to participate in the Optimism Walk

Sunday, May 22, 2022 • 12 pm

Bowditch Field
475 Union Avenue, Framingham, MA



AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER

1

Reap the joy of helping others

2

Raise PD awareness & support APDA mission

3

Meet inspirational people

4

Get fresh air & a big dose of vitamin D

5

Be part of a compassionate community

6

Boost your health by walking

7

Receive important information on PD

8

Enjoy freebies: food, gifts, music & more

9

Have fun exploring Framingham

Strength in optimism. Hope in progress.