

15 ANS!



QUÉBEC

Press Release  
For immediate distribution

*April is Parkinson's Disease Awareness Month*

**Parkinson Québec announces the first edition of the “Parkinson’s Journey” to hit 12 cities across Quebec on September 10 and 11**

Montreal, March 29, 2016 – As part of Parkinson’s disease awareness month in April, Parkinson Québec, the provincial leader in the Parkinson’s community, is proud to announce the first installment of its “**Parkinson’s Journey**”. The event will be held in 12 cities across Quebec on the weekend of September 10 and 11.

Parkinson’s is the second most common neurological disease in the world. More than **25,000 individuals** are living with the disease in Quebec alone, and when you take into account caretakers and family members, more than **100,000 individuals** are affected. “Although 79% of diagnoses are made after the age of 65, an increasing number of individuals are being diagnosed at a young age, beginning in their thirties,” said Nicole Charpentier, Executive Director of Parkinson Québec. “A Health Canada study recently showed that Parkinson’s disease is growing faster than the population is aging. **This means that we need to fight this disease with all we’ve got and make it a healthcare priority.**”

**PARKINSON’S JOURNEY 2016: 5000 KM FOR THE CAUSE**

The Parkinson’s Journey is an organized walk that will draw thousands of participants. The goal will be to step up to the challenge of collective movement and reach the goal of **5,000** total kms. All funds will be directly disbursed to regional Parkinson’s Journey sponsors, in an effort to fund outreach services. All those interested in participating in the event can sign up online at [www.parkinsonsjourney.ca](http://www.parkinsonsjourney.ca).

**JOIN THE MOVEMENT!**

Parkinson Québec is also using this awareness month to launch its “Join the Movement!” campaign – an initiative aimed at working with regional Parkinson’s organizations across Quebec to promote the importance of working together to fight the disease. Together, caregivers, families, health care teams, researchers and support groups make up a strong network upon which individuals can depend after they are diagnosed with Parkinson’s. Each plays an essential role in helping affected individuals maintain an active lifestyle, and it is important that they work together to keep people moving. The goal of the “Join the Movement!” campaign is to raise awareness about the importance of getting involved and to fight for progress on every front. No matter the level of involvement, every effort counts and we can all make a big difference. Anyone who gets involved in the movement can support individuals with Parkinson’s in their own way. Together, we have the power to make a difference.

Throughout April, Parkinson Québec, along with several regional organizations, will be hosting a variety of activities. To see the full program, please visit [www.parkinsonquebec.ca](http://www.parkinsonquebec.ca).

*April 1<sup>st</sup>: Parkinson's Journey registration gets underway*

*April 1<sup>st</sup> to 30<sup>th</sup>: "A Tulip for Parkinson's" Photo Contest*

*April 1<sup>st</sup> to 30<sup>th</sup>: regional activities*

*April 7: Défi Vélo Parkinson Québec launch at Sid Lee*

*April 9: Tango show, presented by AbbVie and Tango Libre*

**April 11: World Parkinson's Day**

*April 24: Scotiabank Charity Challenge*

*Throughout: volunteer recruitment, community challenges*

## **ABOUT PARKINSON QUÉBEC**

For **15 years**, Parkinson Québec has been a leader in the Parkinson's community, a reference for health professionals, and the provincial voice for regional organizations devoted to helping individuals with Parkinson's disease.

- We support the 25,000 Quebecers living with Parkinson's disease, along with their families and caregivers.
- We contribute to biomedical research on the causes and treatments of Parkinson's disease.
- We promote the power to take action, through effective, coordinated educative services and programs that are backed by reliable sources and best practices throughout Quebec.
- We represent the Parkinson's community and defend its rights and interests in the public sphere and government.
- We also help raise public awareness about Parkinson's disease.

Parkinson Québec oversees regional organizations that offer services to individuals with the disease, and works in close collaboration with organizations that are devoted to the Parkinson's cause in Quebec. For more information about the disease, please visit [www.parkinsonquebec.ca](http://www.parkinsonquebec.ca).

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SOURCE: PARKINSON QUÉBEC

### **PRESS INFORMATION**

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