



2019 Walk Off Parkinson's Schedule of Activities

Children's Area; 8:30 a.m. to 12:00 p.m.

Located in right field plaza; between sections 100 and 143 – Playground, coloring station and other activities available for children.

Interfaith Service focusing on gratitude and being present; 8:45 a.m. to 9:10 a.m. Rabbi Rachel Ackerman & Rev. Andy Peck-McClain
Budweiser Brewhouse – Centerfield Plaza

Benefits of Attending A Support Group; 8:45 a.m. to 9:00 a.m.

Centerfield Plaza – near section 102 – PFNCA Information Booth -- PFNCA Support Group Specialist Leon Paparella is available to discuss the benefits of attending a support group and how to select the group that best fits your needs.

What's Next: Information for Those Newly Diagnosed or Just Now Focusing on Their Diagnosis: 9:00 a.m. to 9:30 a.m. Dr. Stephen Grill –
Coca Cola Lounge – Near Children's Area – Right Field

Ask a Physical Therapist; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza – Across from Budweiser Brewhouse against wall for Nationals Shop —Shirlea Hennessy- a physical therapist, will be available to answer your questions.

Ask an Occupational Therapist; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza – Centerfield Plaza – Across from Budweiser Brewhouse against wall for Nationals Shop -- Jennifer Cooper -an occupational therapist, will be available to answer your questions.

Ask a Speech Therapist; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza – Across from Budweiser Brewhouse against wall for Nationals Shop -- Susan Wranik, speech language therapist, will be available to answer your questions.

Ask a Social Worker; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza –PFNCA Booth – Near section 101;– Leon Paparella-, a social worker, will be available to answer your questions

Your Questions about Parkinson's Answered: 9:15 a.m. to 9:40 a.m. Dr. Randy Stephenson – Budweiser Brewhouse – Centerfield Plaza

Exercise for Parkinson's Demonstration; 9:15 a.m. to 9:30 a.m. Sandy Downing

Main Stage -- This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Various activities designed to engage participants mentally are also incorporated.

Welcome Cheer; 9:35 a.m.

Near Main Stage – Join the Good Counsel Varsity Cheerleading Squad for a cheer or two to get your spirits up.

Welcome Ceremony; 9:40 a.m.

Walk; 10:00 a.m. to 11:45 a.m.

Long route of approximately 1.2 miles starts to the left as you face the main stage. The short route of approximately .75 miles starts to the right as you face the main stage. Both routes include a lap of the field and the opportunity to visit the dugouts to take photos. Additionally, both routes end in Centerfield Plaza. For those who wish to walk less, please check in at the table near section 119 for an opportunity to stroll on the field.

Photo Opportunity with PFNCA's Mascot Amp; 10:15 a.m. to 11:30 a.m. -- On the field near section 112

Help spread the word about living well with Parkinson's when you take a photo and post it your social media accounts. Amp promotes exercise, speaking louder and learning as tools to battle Parkinson's.

Identifying the ideal candidate for Deep Brain Stimulation (DBS); 11:00 a.m. to 11:30 a.m. -- Budweiser Brewhouse – Centerfield Plaza
Dr. Zach Levine

Take a photo with the new PFNCA Parkinson's Mobile Resource Unit – the AMP Mobile, Ongoing during the event; Centerfield plaza.

Schedule Subject to Change