

2021 Walk Off Parkinson's Schedule of Activities

<u>Time</u>	<u>Location</u>	<u>Activity</u>
10:00 a.m. - 1:00 p.m	PFNCA AMP Mobile near stadium entrance	Pick up a bottle of water and stay hydrated. Take a photo with PFNCA's outreach truck while you are at it. Post it online with hashtags #Parkinsons and #pfnca.
10:00 a.m. - 1:00 p.m	Grass area behind right field bleachers	Games for people of all ages including milk jug toss, find the ball and more. Walk Off Parkinson's prizes.
10:00 a.m. - 1:00 p.m	Walkway surrounding Povich Field	.35-mile route (paved except for about ten feet which is grass/gravel). Walk whenever you like. Do more laps to extend your distance.
10:00 a.m. - 1:00 p.m	Near hot dog cart on concourse	Soak-a-doc and others; you won't want to miss an opportunity to watch area Movement Disorder Specialists, PFNCA instructors and others sit in the "hot seat" under a bucket of water. Take turns throwing bean bags to hit the target and unleash the soaking.
10:00 a.m. - 1:00 p.m	Throughout Povich Field	Photo Opportunity with PFNCA's Mascot Amp; Amp promotes exercise, speaking louder and learning as tools to battle Parkinson's. Be sure to post your photo with the hashtags #parkinsons and #pfnca.

10:00 a.m. - 10:30 a.m	Concourse Near Flagpole	Ask a Physical Therapist; Physical therapist Shirlea North, will be available to answer your questions.
10:15 a.m. - 10:45 a.m.	PFNCA AMP Mobile near stadium entrance	Benefits of Attending a Support Group. PFNCA's Michelle Goldberg, LCSW-C, will be available to discuss the benefits of attending a support group and how to select the group that best fits your needs.
10:15 a.m. - 10:45 a.m.	Picnic Pavilion	Dr. Debra Ehrlich of National Institutes of Health discusses what causes Parkinson's
10:15 a.m. - 1:00 p.m.	Concession Stand	Popcorn and ice cream served in AMP souvenir batting helmets.
10:30 a.m. - 1:00 p.m.	Hot Dog Cart on Concourse	Hot dogs served; choose among more than a dozen toppings!
10:30 a.m. to 11:00 a.m.	Concourse Near Flagpole	Ask a Speech Therapist; Speech language therapist Susan Wranik will be available to answer your questions.
10:45 am.	Seating Section Behind Home Plate	History of the Bethesda Big Train; join Bethesda Big Train Founder Bruce Adams to learn about the collegiate league team that calls Shirley Povich Field home and has been a stop on the road to the major leagues for several players.

<p>10:45 a.m.</p>	<p>Picnic Pavilion</p>	<p>What's Next: Information for Those Newly Diagnosed or Just Now Focusing on Their Diagnosis. Dr. Pritha Ghosh, George Washington University.</p>
<p>11:00 am.</p>	<p>Area behind left field seating</p>	<p>PFNCA Exercise for Parkinson's Class; join PFNCA instructor Kim Brooks for a class to help you focus on balance and mobility. Seating is limited. Repeats at 12:15 p.m.</p>
<p>11:00 a.m.</p>	<p>Picnic Pavilion</p>	<p>Movement Disorder Specialist Dr. Steve Grill of Parkinson & Movement Disorders Center of Maryland, answers your questions about Parkinson's Disease.</p>
<p>11:30 a.m.</p>	<p>Home Plate</p>	<p>Ceremony honoring those who attended 50 or more PFNCA wellness classes in 2020. Direct your attention to the field from anywhere in the stadium. Cheering by Good Counsel Varsity Cheerleading Squad.</p>
<p>11:30 a.m. - 12:00 p.m.</p>	<p>Concourse Near Flagpole</p>	<p>Ask an Occupational Therapist; Occupational therapists Graham Jones and Matthew Haase, will be available to answer your questions.</p>

<p>11:45 a.m. - 12:00 p.m.</p>	<p>Area behind left field seating</p>	<p>PFNCA Boxing for Parkinson's Demonstration with PFNCA instructor John Sahakian; Boxing helps improve balance, cardio, coordination, and strength. Through non-contact exercises, participants gain fitness benefits and a sense of comradery with their fellow boxers.</p>
<p>12:00 p.m. - 12:30 p.m.</p>	<p>Concourse Near Flagpole</p>	<p>Ask a Physical Therapist; Physical therapist Stacy Pepitone will be available to answer your questions.</p>
<p>12:15 p.m.</p>	<p>Area behind left field</p>	<p>PFNCA Exercise for Parkinson's Class; join PFNCA instructor Kim Brooks for a class to help you focus on balance and mobility. Seating is limited.</p>