

Schedule

10 AM - 1 PM

Gravel/Warning Track of Field

Walk around the field where the Bethesda Big Train won the 2025 Cal Ripken Senior Collegiate League Championship. Stay on the gravel & do more laps to increase your distance. Enter by gate near the first base dugout or follow path behind the dugout for ramp access. Please stay off the grass.

10 AM - 12:30 PM

Throughout the Ballpark

Meet PFNCA Mascot Amp. Take a photo with him or with PFNCA's Outreach Truck (parked at the entrance) & share on social media. Use #PFNCA.

10:10 AM - 10:45 AM

Picnic Pavillion

Question and Answer Session with Dr. Pritha Ghosh, George Washington University

10:10 AM - 10:35 AM

Behind Left Field Seating

PFNCA Exercise for Parkinson's Class Demonstration with Paul R.

10:15 AM - 1:00 PM

Concession Stand

Hot dogs, coffee, bottled water, popcorn and ice cream available. All provided at no cost.

10:40 AM - 11:05 AM

Behind Left Field Seating

PFNCA Exercise for Parkinson's Class with Nidhi D.

10:50 AM - 11:15 AM

Picnic Pavillion

How Parkinson's impacts speech. Speech Language Pathologist Susan Wranik discusses this important topic as well as how the PFNCA Communication Club program can help you.

11:00 AM - 11:25 AM

Concourse Near Flagpole

Ask a Speech Therapist; Speech language therapist Dorinda Malcolm will be available to answer your questions.

11:05 AM - 11:30 AM

Behind Left Field Seating

Meet the people behind the "We're All Shook Up: The Experiences of Living with Parkinson's" podcast featured on PFNCA's website.

11:10 AM - 11:40 AM

By Stadium Entrance Near Amp Mobile

Benefits of Attending a Support Group: PFNCA's support group member John H. will be available to discuss the benefits of attending a support group and how to select a group that best fits your needs.

11:15 AM - 11:45 AM

Concourse Near Flagpole

Ask a Physical Therapist; Cathy Renkiewicz of Virginian Rehabilitation and Wellness will answer your questions.

11:20 AM - 11:45 AM

Picnic Pavillion

Overview of Parkinson's with Dr. Rainer von Coelln, University of Maryland

11:30 AM - 11:55 AM

Behind Left Field Seating

What's Next: Information for Those Newly Diagnosed or Just Now Focusing on Their Diagnosis with Dr. Debra Ehrlich, National Institutes of Health

11:55 AM

On Field, Near 1st Base Dugout

Ceremony honoring those who attended 50+ PFNCA wellness classes in 2024. Direct your attention to the field from anywhere in the stadium.

12:10 PM - 12:35 PM

Behind Left Field Seating

PFNCA Boxing for Parkinson's Demonstration with PFNCA instructor John S. Boxing helps improve balance, cardio, coordination, neuroplasticity & strength. Through non-contact exercises, participants gain fitness benefit and a sense of camaraderie with their fellow boxers.

12:20 PM - 12:55 PM

Picnic Pavillion

Are you a good candidate for Parkinson's-related surgical options? With Dr. Steve Grill of Parkinson and Movement Disorder Center of Maryland.

12:40 PM - 1 PM

By Stadium Entrance Near Amp Mobile

Question and Answer Session with Dr. Panagiotis Kassavetis, George Washington University

Exhibitors will share resources on the concourse throughout the event.

**Special thanks to presenters, volunteers and
sponsors!**

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AUTOMOTIVE GROUP



**Walk Off Parkinson's helps PFNCA raise financial support to
provide our wellness and educational programming in the
next year. We serve thousands each year,
with one goal, helping people to live well with Parkinson's.**