WHY A VIRTUAL WALK?
With COVID-19’s impact, even if public gatherings are allowed by August 22, we know our Parkinson’s community is at greater risk. By going virtual, we can support them, have fun, and keep everyone safe.

WHAT’S A VIRTUAL WALK?
A Virtual Walk means we are NOT gathering at Liberty Station as a group. Our Virtual Walk lets you choose your own location, your own route – even your own time. It lets you practice safe social distancing while still being part of our annual community event. And it lets friends and family at distant locations be a major part of our Walk. Finally, our Virtual Walk generates much-needed funds for the important services provided by Parkinson’s Association of San Diego (PASD).

A GREAT EVENT
Our Virtual Walk gives YOU a great opportunity to celebrate life!

- A great opportunity for EXERCISE – so invigorating after the last few months at home – and critical for people with Parkinson’s. Regular exercise is the only consistent way to hold Parkinson’s disease at bay.

- A great chance to share your CREATIVITY with different ways of exercising, and have FUN doing it! Record your Walk in a short video (max 15 seconds), share on your social media, then send it to info@ParkinsonsAssociation.org to share on our website.

- An opportunity to SUPPORT people with Parkinson’s, their caregivers/ care partners, and families on their Parkinson’s journey through the critical services of PASD.

- HELP the Parkinson’s Association of San Diego provide important resources to the more than 40,000 people impacted by Parkinson’s disease in San Diego County. All donations remain here in our county to serve residents.

Join guest emcee Carlo Ceccheto, CBS News 8 Anchor, medical experts, researchers, volunteers and other Parkinson’s supporters as we celebrate the resolve of those battling this disease, and learn more about how we can help the Parkinson’s Association of San Diego.

Walk Donation: $50. Join a team, form your own team or walk as an individual.
Donate to support important services for people battling this progressive neurological disease. Help your family, friends and neighbors on their challenging Parkinson’s journey.

To see event details, team information, donate, volunteer or REGISTER online: www.ParkinsonsAssociation.org  QUESTIONS ???  And to REGISTER by phone: 858 200-7277

If you registered for our postponed April 4, 2020 5K Walk, you are automatically registered for our August 22 Virtual Walk.