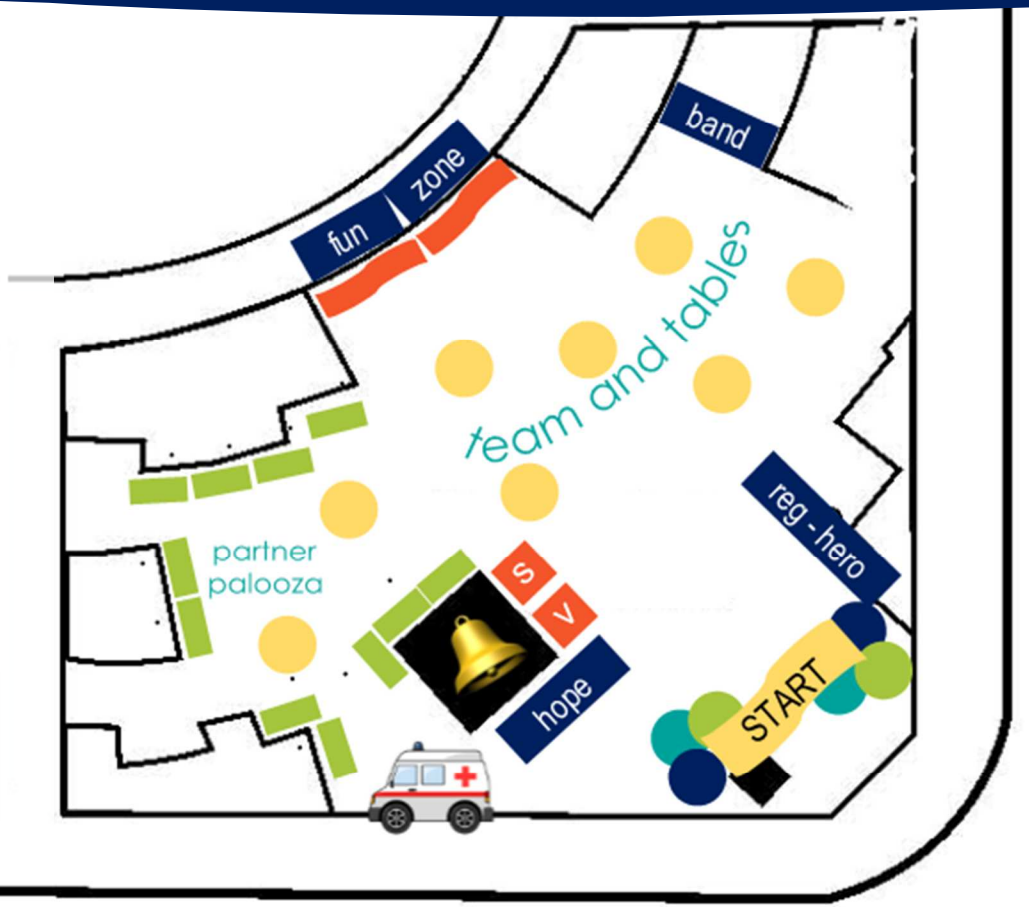
Thanks for Stepping Out *on* Parkinson's!

Walk Day Schedule

12:00 Registration open
Turn in collected donations
Register new friends and family
Music, picnics, Fun Zone activities
Visit the Partner Palooza
Turn your passport in for prize drawing
Get your team photos taken
Sign the Hope Banner
1:10 Announcements, Sole Support photo
1:20 Aerobic warm-up
1:30 5k walk begins
1:45 1k walk begins
3:00 Celebration and more music



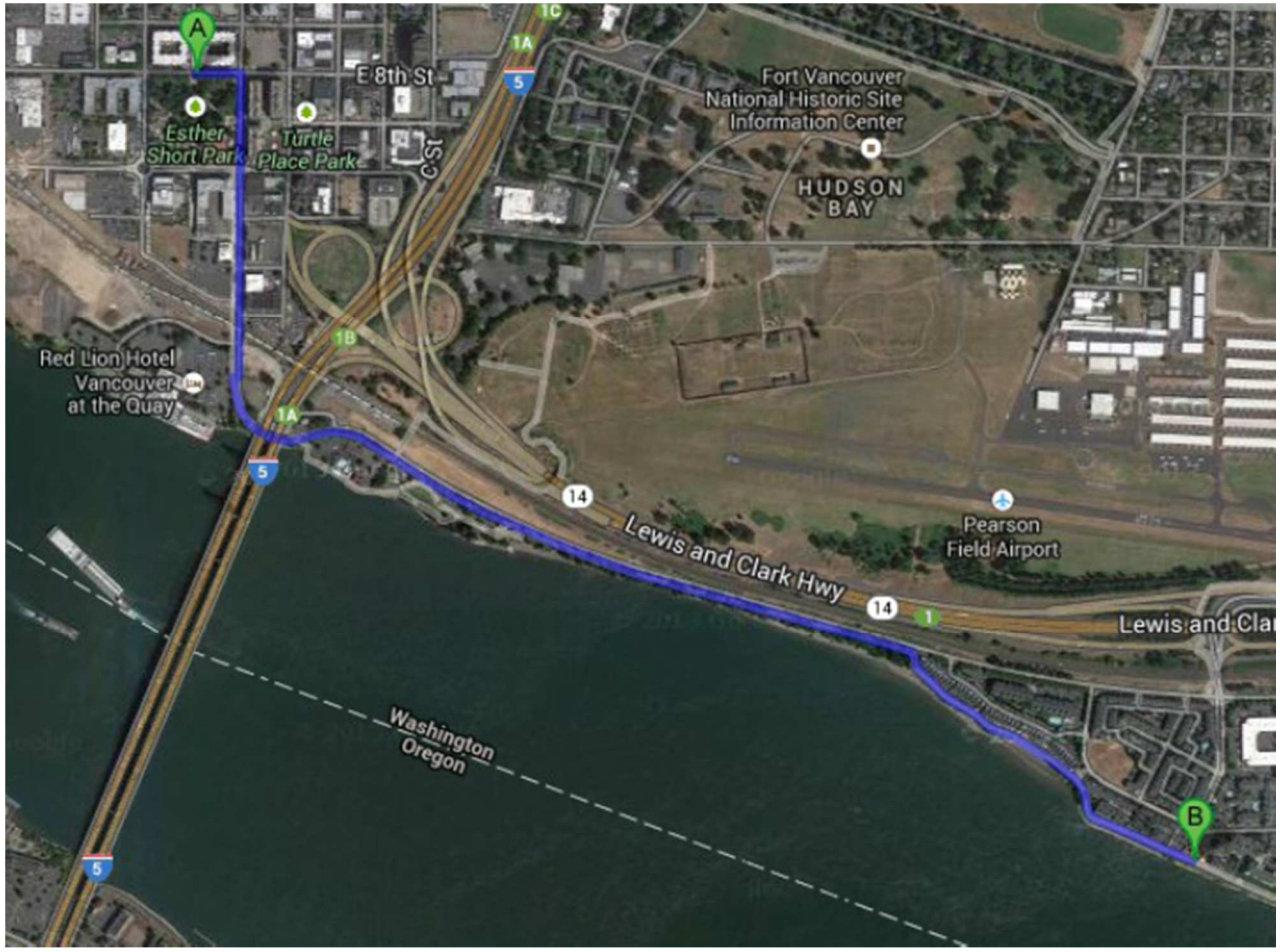
Did you pick up your prizes?

sole support for parkinson's

PARKINSON'S RESOURCES bridges the gap to wellness for Northwest residents living with Parkinson's

Vancouver walk routes - October 8

sole support for parkinson's



Starting from Esther Short Park:

1k walkers will walk the park block until they have reached their 1k limit.

5k walkers will follow the route marked with signs down Columbia to the river, then walk along the path until just before Beaches Restaurant where they turn around and return to Esther Short Park.

Water station at B

A benefit for

PARKINSON'S RESOURCES of OREGON

www.parkinsonsresources.org 800.426.6806

OHSU · THE QUARRY At Columbia Tech Center · BANNINGS RESTAURANT PIE HOUSE · abbvie · PROVIDENCE Brain and Spine Institute · THE ACKERLY AT TIMBERLAND It's More Than Retirement. It's Five-Star Fun. · Lindbeck · US WorldMeds · UBS · LEGACY HEALTH · Coca-Cola