



sole support
for parkinson's 2018

STEP OUT *on* Parkinson's

1k and 5k walks celebrating in Bend . Eugene . Portland . Vancouver

SOLESUPPORT.ORG *or* 800.426.6806



OUR MISSION

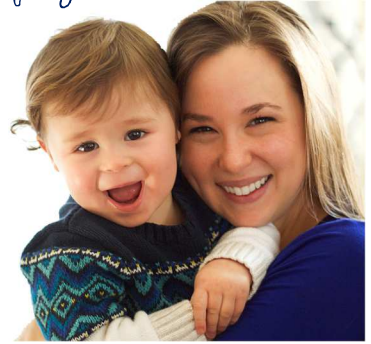
To empower individuals to meet the challenges of living with Parkinson's disease through information, education, personal support, and advocacy for a cure.

Parkinson's Resources exists to bridge the gap between medical care and wellness for those living with Parkinson's in Oregon and SW Washington.

OUR INSPIRATION *meet Amy, young-onset Parkinson's*

I was just 33 and pregnant with my third baby when I started noticing a twitching sensation in my right toe. One year later I heard the dreaded words, "It's Parkinson's." I left the doctor's office in a fog - lost with absolutely no idea what to do. Since then I've been on a roller coaster - feeling like I'm never going to be the same person or feel normal again. This is a hard realization.

My first year with my PD was hell, I was alone, frightened, and lost. I found PRO. They gave me the courage to get involved. Now I am 35 years old and know I am not alone. I have help and a path to the future.



THANK YOU

for stepping out on parkinson's

- 1 REGISTER** online at solesupport.org or call 800.426.6806
- 2 STRIVE** to raise at least \$300 for Parkinson's Resources, helping your team achieve a higher goal.
- 3 JUMP-START** your fundraising by making a personal donation
- 4 CUSTOMIZE** your Sole Support fundraising page
Share a personal picture and story showcasing your motivation in supporting local Parkinson's programs in your community.
- 5 INVITE** others to show their Sole Support
 1. Ask others for donations with a personal request - it's always best!
 2. Share your Sole Support fundraising page via email and social media for online donations
 3. There are many ways to ask for Sole Support - most important is ASK!
- 6 FOLLOW** us on Facebook, Instagram, YouTube, and LinkedIn
- 7 CELEBRATE** with family and friends at Sole Support

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