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**POWER OVER PARKINSON’S LAUNCHES “KNOWLEDGE IS POWER”**

**A CAMPAIGN TO UNMASK PARKINSON’S DISEASE AND PROMOTE AWARENESS**

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Power Over Parkinson’s is excited to announce a local campaign intended to increase Parkinson’s disease awareness, education, and understanding.

Parkinson’s disease (PD) is the fastest growing neurological disorder in the world and is the second most common neurological disorder after Alzheimer’s, yet it receives considerably less attention. PD is most associated with motor symptoms such as tremors and slow movements, but there are a significant number of non-motor symptoms associated with the disease that can occur years prior to diagnosis.

The Knowledge is Power campaign aims to reach individuals displaying Parkinsonian symptoms as well as those who are already well into their PD journey so they can receive the support and education necessary to successfully navigate this disease.

“Public awareness and education are vital to reaching individuals and providing access to programs that slow disease progression in the early disease stages.” states Dr. Maria Bellumori, Power Over Parkinson’s Clinical Director and Kinesiology Department professor at CSUMB.

Power Over Parkinson’s is a local exercise and wellness program specifically designed for those in the community affected by PD. Founded to support families on their PD journey, the program is rooted in building relationships, providing movement, and improving quality of life.

A reception, campaign kick-off, and program presentation are scheduled for Friday, April 28th from 4:30 – 6:00 p.m. and Saturday April 29th from 1:30 – 3:00 p.m. at the POP Studio located at 2555 Garden Road, Suite B, Monterey. For additional information, please email [poweroverparkinsonsmonterey@gmail.com](mailto:poweroverparkinsonsmonterey@gmail.com).

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**About**

Power Over Parkinson’s

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Facebook: <https://www.facebook.com/montereybaypoweroverparkinsons>

Instagram: <https://www.instagram.com/poweroverparkinsons_monterey/>

**Mission & Vision**

The mission of Power Over Parkinson’s is to enhance the lives of those in our community affected by Parkinson’s disease. We raise funds to provide ongoing availability and frequent access to exercise programs that have been scientifically proven to slow disease progression in an environment that embraces empowerment, motivation and social interaction.

Our vision is to promote a Parkinson’s wellness program that provides access to services for Parkinson’s patients, caregivers and family members. From diagnosis through the journey, services will address a continuum of care to reduce symptoms, restore function, provide social enrichment and knowledge to improve quality of life.

Power Over Parkinson’s is a 501 (c)(3) non-profit corporation. Tax ID#83-4429882

**Resource Articles**

[The Emerging Evidence of the Parkinson Pandemic - PubMed (nih.gov)](https://pubmed.ncbi.nlm.nih.gov/30584159/)

<https://www.urmc.rochester.edu/news/story/documentary-sheds-light-on-the-parkinsons-pandemic>