

2018 Walk Off Parkinson's Schedule of Activities

Children's Area; 8:30 a.m. to 12:00 p.m.

Located in right field plaza; between sections 100 and 143 – Throwing game, coloring station and other activities available for children.

PFNCA Communications Club Demonstration; 8:45 a.m. to 9:00 a.m. Margie Comerford, INOVA

Budweiser Brewhouse – Centerfield Plaza -- The goal of PFNCA Communications Club program is to establish a wellness and prevention program for individuals with Parkinson's disease and their caregivers, with a focus on maintenance of communication skills.

Benefits of Attending A Support Group; 8:45 a.m. to 9:00 a.m.

Centerfield Plaza – near section 102 – PFNCA Information Booth -- PFNCA Support Group Specialist Leon Paparella is available to discuss the benefits of attending a support group and how to select the group that best fits your needs.

Boxing for Parkinson's Demonstration; 9:00 a.m. to 9:15 a.m.

Main Stage – Demonstration of spirited boxing fitness program that helps improve balance, cardio, coordination, and strength. Through non-contact exercises, participants gain fitness benefit and a sense of comradery with their fellow boxers. Chris Viggiano, TITLEBoxing

Dr. Pritha Ghosh of George Washington University Answers Your Questions about Parkinson's; 9:00 a.m. to 9:30 a.m.

Budweiser Brewhouse – Centerfield Plaza

Ask a Physical Therapist; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza – Across from Budweiser Brewhouse against wall for Nationals Shop —Shirlea Hennessy- a physical therapist, will be available to answer your questions.

Ask an Occupational Therapist; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza – Centerfield Plaza – Across from Budweiser Brewhouse against wall for Nationals Shop -- Jennifer Cooper -an occupational therapist, will be available to answer your questions.

Ask a Speech Therapist; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza – Across from Budweiser Brewhouse against wall for Nationals Shop -- Susan Wranik and Valerie Scarano, speech language therapists, will be available to answer your questions.

Ask a Social Worker; 9:00 a.m. to 9:20 a.m.

Centerfield Plaza –PFNCA Booth – Near section 101; table to be labeled also labeled Walk Off Parkinson's Souvenirs – Leon Paparella-, a social worker, will be available to answer your questions

Exercise for Parkinson's Demonstration; 9:15 a.m. to 9:30 a.m. Kim Johnson, OneLife Fitness

Main Stage -- This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Various activities designed to engage participants mentally are also incorporated.

Welcome Cheer; 9:35 a.m.

Near Main Stage – Join the Good Counsel Varsity Cheerleading Squad for a cheer or two to get your spirits up.

Welcome Ceremony; 9:40 a.m.

Walk; 10:00 a.m. to 11:45 a.m.

Long route of approximately 1.2 miles starts to the left as you face the main stage. The short route of approximately .75 miles starts to the right as you face the main stage. Both routes include a lap of the field and the opportunity to visit the dugouts to take photos. Additionally, both routes end in Centerfield Plaza.

Photo Opportunity with PFNCA's Mascot Amp; 10:15 a.m. to 11:30 a.m. -- On the field near section 112

Help spread the word about living well with Parkinson's when you take a photo and post it your social media accounts. Amp promotes exercise, speaking louder and learning as tools to battle Parkinson's.

Overview of Parkinson's; 11:00 a.m. to 11:30 a.m. -- Budweiser Brewhouse – Centerfield Plaza

Dr. Karl Maki of Annapolis Neurology Associates will provide an overview of Parkinson's Disease and answer questions.

Schedule Subject to Change