

## 28th APDA Massachusetts Chapter Walk-A-Thon

**Sunday, May 4, 2014**

**Reebok International Headquarters - 1895 J.W. Foster Blvd. Canton, MA 02021**

Please join the Massachusetts Chapter of the American Parkinson Disease Association at our Annual Parkinson's Walk-A-Thon as we celebrate our 28th year! Proceeds from this event will be used to benefit research approved by the APDA Scientific Advisory Board and the APDA Information & Referral Center network.

You can organize a team or walk as an individual around the Reebok International Headquarters track, 1 lap = 1/4 mile. The total walk is 3 miles; however, walkers can walk any part of this or choose to enjoy the beautiful day and the other many activities.

**Registration Begins at 11:15am**

**Walk Begins at 12:00 Noon**

For more information, contact **(617) 638-8466, (800) 651-8466**, or **information@apdama.org**.

You may use this brochure as your pledge sheet or create a webpage on our event site (see below). Individuals can donate online, by check, or with cash. Checks should be made payable to *APDA MA Chapter*. Feel free to bring your pledge sheets to the Walk-A-Thon or mail donations (in a bundle or as they arrive) prior to the event to the following address:

**APDA MA Chapter  
72 East Concord Street, C3  
Boston MA, 02118**

Please visit our walk website at **apdaparkinson.donordrive.com/event/mawalk2014** and Massachusetts Chapter website at **www.apdama.org**.



### **Directions to Reebok International Headquarters**

#### **From the North – Boston/Logan Airport**

Take Route 93 (Southeast Expressway) South. In Braintree, Route 3 goes left and Route 93 South continues right toward Dedham. Stay on Route 93 until Route 138 (Exit 2B). Go to the lights and take a left at the Mobil station. Reebok is 1/5 of a mile on the left.

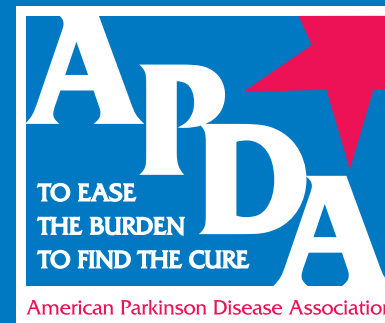
#### **From the West – Mass Pike (Route 90)**

Take Route 95/128 South to Route 93 North. Stay on Route 138 (Exit 2B). Go to the lights and take a left at the Mobil station. Reebok is 1/5 of a mile on the left.

#### **From the South – Cape Cod**

Take Route 24 North to Route 93 South. Stay on Route 93 until Route 138 (Exit 2B). Go to the lights and take a left at the Mobil station. Reebok is 1/5 of a mile on the left.

**Due to site policy, dogs are not permitted unless they are service dogs with proper identification. We thank you for your understanding.**



### **AMERICAN PARKINSON DISEASE ASSOCIATION**

*The country's largest not-for-profit  
grassroots organization serving  
Americans with Parkinson's disease with  
Chapters, Information & Referral Centers,  
Support Groups and Research.*

### **What is Parkinson's Disease?**

Parkinson's disease is a movement disorder that is both chronic and progressive.

Chronic, meaning it persists over a long period of time and progressive, meaning its symptoms grow worse over time. Symptoms include slowness of movement, loss of balance and coordination, tremor, rigidity or stiffness, uncontrolled movements and signs of non-motor symptoms. As these symptoms become more pronounced, patients may have difficulty walking, talking or completing daily tasks.

*For more information about Parkinson's disease or to contact your local PD group, please call 1-800-223-2732.*

### **Help Us Spread OPTIMISM**

Support your Parkinson's community

**www.Optimism4Parkinsons.org**



**American Parkinson's  
OPTIMISM  
WALKS**

**OUR MISSION  
TO EASE THE BURDEN...  
TO FIND THE CURE.**

We strive to improve the lives of people with Parkinson's, their caregivers and family members by providing education, creating public awareness, fostering a supportive environment and raising funds for research.

**American Parkinson  
Disease Association, Inc.**

National Headquarters • 135 Parkinson Avenue  
Staten Island, New York 10305  
Tel: 1-800-223-2732 • 718-981-8001  
Fax: 718-981-4399  
www.apdaparkinson.org  
E-mail: apda@apdaparkinson.org

**www.Optimism4Parkinsons.org**



Phone	Email
-------	-------

[illegible]

<div><div><div><input type="checkbox"/> I would like to contribute in memory of:</div><div><input type="checkbox"/> I would like to contribute in honor of:</div><div><input type="checkbox"/> Yes, my company gives matching gifts; form attached.</div></div><div><div>Please Acknowledge: Name</div><div>Address</div><div>City, State, Zip</div></div></div>	<div><div>Waiver: I understand that I am voluntarily participating in the event at my own risk and my own request. I hereby waive all claims against the American Parkinson Disease Association, chapters, sponsors, or any event personnel, paid or volunteer, for any injury that I might suffer in this event. I also grant full permission for the free use of my name, picture, and voice in any broadcast, telecast, print account or any account in any medium used in connection with this event or future event of the American Parkinson Disease Association.</div><div><div>Please turn in pledge sheet and donations on the day of the walk or mail to the APDA chapter sponsoring this event. Chapter mailing information is located on the back of this form.</div><div>APDA, Inc is a 501 (c)(3) organization. Donations are tax deductible to the full extent of the law. Your cancelled check is your receipt. Thank you for your commitment and generosity in helping us make a difference in the fight against Parkinson Disease. Please make checks payable to: <b>APDA</b></div></div></div>	<div><div>Total Sponsor Donations Collected</div><div>Additional Personal Donation</div><div>GRAND TOTAL</div><div>THANK YOU FOR YOUR DONATION</div></div>
--	---	--