

## **IT TAKES A COMMUNITY TO CONQUER PARKINSON'S DISEASE**

***Brisbane walks together with hope for a cure! A Walk in the Park 2017.***

**Brisbane, Queensland:** Lace up your walking shoes, grab a friend and get ready to walk, run or cycle in support of people with Parkinson's at *Parkinson's Queensland's A Walk in the Park, Sunday 10<sup>th</sup> September 2017* at *Albert Bishop Park in Nundah*. The walk is an all ages event with a range of entertainment and activities including a leisurely walk (or run if you choose!) along *Jim Soorley Way*, with cycling on the criterion track in the park. Additional activities include a live band, face painter, jumping castle and exercise demonstrations. Register online today!

Why walk? Exercise, including walking, has been shown to assist in improving quality of life for people with Parkinson's and is widely considered to be as important as medication in managing the symptoms of the disease.

A Walk in the Park is Parkinson's Queensland largest community awareness event each year, providing an enjoyable day out for the whole family including our furry friends! Join hundreds of people of all ages and abilities supporting people with Parkinson's, their carers, families, friends.

In addition to the Walk in Nundah, there will be walks held across Queensland including Tolga, Townsville, Caboolture, and Gympie.

Don't delay! Register and create your online fundraising page today by visiting [www.parkinsons-qld.org.au/a-walk-in-the-park](http://www.parkinsons-qld.org.au/a-walk-in-the-park)!

**- ENDS -**

### **About Parkinson's Queensland**

Established in 1985, Parkinson's Queensland is a not-for-profit charitable organisation that supports people living with Parkinson's disease in Queensland. They provide support, education, community outreach; scientific research, advocacy and public awareness to help people living with Parkinson's lead a better quality of life. The organisation aims to "Make Parkinson's A Priority" in Queensland.

[www.parkinsons-qld.org.au](http://www.parkinsons-qld.org.au)

### **About Parkinson's disease**

Parkinson's disease (Parkinson's) is a condition caused by the death of brain cells that create the chemical dopamine. It affects people differently and leads to slowness of movement, often accompanied by tremors, and sometimes leads to dementia. A lot is known about Parkinson's itself, but not the exact causes. Medication usually provides substantial improvement, but there is no cure.

- 32 people in Australia are diagnosed with Parkinson's in Australia each day—that's more than one person per hour!
- 11,500 people are diagnosed every year in Australia
- There are more than 70,000 Australians currently living with Parkinson's, including 17,000 in Queensland
- Parkinson's impacts the lives of more than 700,000 Australians
- Parkinson's can affect adults of any age
- Parkinson's costs \$9.9bn dollars annually
- Parkinson's is the second most common degenerative neurological condition after dementia

### **For further information, interview and photographs please contact:**

Melissa Hislop | Marketing and Communications

T (07) 3209 1588 | M 0422 589 107 | E [communications@parkinsons-qld.org.au](mailto:communications@parkinsons-qld.org.au)