

# Parkinson's Awareness Month



#UNITE FOR

PARKINSONS

World Parkinson's Day 2024

April 11

World Parkinson's Day takes place on 11 April every year to raise awareness of Parkinson's.

Living with Parkinson's is tougher than people think. But it doesn't define you. You are still you. You can still do amazing things in spite of Parkinson's.

Parkinson's is different for everyone. Different symptoms, different experiences. Diagnosis is scary and there's currently no cure. Living with Parkinson's can be challenging but one thing stands out. The Parkinson's community is bright and brilliant.

HAPPY  
BIRTHDAY

April 2<sup>nd</sup> – Lynn Enoch

April 20<sup>th</sup> – Richard Adcock

April 29<sup>th</sup> – Roger Blackmon

## 10 Early Signs of Parkinson's



Tremor



Soft or Low Voice



Trouble Moving or Walking



Constipation



Loss of Smell



Masked Face



Trouble Sleeping



Stooped or Hunched Over



Small Handwriting



Dizziness or Fainting

Learn more at [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)

## National Days

April 1<sup>st</sup> --April Fool's Day

April 2<sup>nd</sup> – Autism Awareness Day

April 10<sup>th</sup> – Wear Pink Day

April 18<sup>th</sup> – National Cheeseball Day

April 23<sup>rd</sup> – National Picnic Day

April 24<sup>th</sup> – National Pig-N-Blanket Day

April 29<sup>th</sup> – National Shrimp Scampi Day