

# NEWS RELEASE



**For immediate release**

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## **Touchmark on South Hill hosting area's Parkinson's Awareness Walk**

*The walk will support the work of the largest grassroots  
network dedicated to fighting the disease*

SPOKANE, Wash.-More than 5,000 people in the Spokane area live with Parkinson's disease. April is Parkinson's Awareness Month, and in conjunction with it, Touchmark on South Hill is hosting the area's Parkinson's Awareness Walk on Saturday, April 22 from 10:30 a.m. to noon. The Spokane retirement community welcomes everyone to come take part. All surfaces are paved, and there are two distances, a one-tenth mile circular drive that can be walked a number of times, and a half-mile walk throughout the Touchmark community.

Donations will be accepted to support the work of the Northwest Chapter of the American Parkinson Disease Association (APDA), the largest grassroots network dedicated to fighting Parkinson's disease. ADPA works tirelessly to help people live life to the fullest in the face of the chronic neurological disorder. Since 1961, ADPA has raised more than \$170 million for patient services, educational programs, public awareness, and research.

**What:** Touchmark Parkinson's Awareness Walk  
Other activities include face painting, chair massages, entertainment by members of Whitworth University's band and lunch as well as door prizes and silent auction items.

**When:** Saturday, April 22, 2017  
10 a.m.: check-in/registration/festivities  
10:30 a.m. – noon: walk/festivities

**Where:** Touchmark on South Hill  
2929 S. Waterford Dr.

**Cost:** No charge. Donations will be accepted for the American Parkinson's Disease Association.

**To register, visit:** [TouchmarkSpokane.com/walk](http://TouchmarkSpokane.com/walk)

Touchmark offers a comprehensive program for people living with Parkinson's disease. It includes a Parkinson's disease support group and research-based, specially designed fitness classes. The program is led by Lori McCormick, PT, CEEAA, Director of Touchmark's Health & Fitness Center.

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TOUCHMARK ON SOUTH HILL  
*Full-service Retirement Community*  
2929 S Waterford Drive • Spokane, WA 99203  
509-536-2929 • [Touchmark.com](http://Touchmark.com)

McCormick is looking forward to Touchmark hosting the Parkinson's Awareness Walk this year. "It's my privilege to exercise with those battling the everyday challenges of this disease. I am walking to support them in their fight and to do what I can to enrich their lives now, as researchers look for better treatments and a cure," she said.

**About Touchmark**

A full-service retirement community, Touchmark on South Hill offers a range of homes and lifestyles. The Parkinson's disease support groups and fitness classes are open to the public. For schedules and fees, please call 509-536-2929.

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