



Walking for Parkinson's in Ste-Anne-de-Bellevue

Description

The Parkinson Canada SuperWalk takes place on Sunday, September 8

By Lisa Mintz

The public is invited to join the **Parkinson Canada SuperWalk** which will take place on **Sunday, September 8** starting at the **Casgrain building of John Abbott College in Sainte-Anne-de-Bellevue**. There is a choice of two routes, 1.5 km and 4.5 km, which you can stroll, walk or run. The 1.5 km route is completely accessible to people of all abilities. Registration starts at 12 pm.

JEWEL 106.7 will be there with music and an MC, and walkers will have the chance to meet Parkinson researchers and hear about their work. Live performance by the West Island musical group **Pendulum Swing** and members of the **Lakeshore Unitarian Universalist Congregation Choir** will entertain participants along the walk.

Parkinson SuperWalk is a family outing with a special purpose. It is a great opportunity for people with Parkinson's to meet others living with the disease, talk with their families, and build a network.

Murray McBain is a Superstar SuperWalker who is very active with Parkinson Canada. He is a member of the Parkinson support group and boxing class at the Cummings Center and a participant in many Parkinson Canada events and seminars. Murray raised \$3,000 last year walking with nine family members, including two grandchildren, as Team McBain.



Murray McBain participating in the boxing demo with an Otis Grant Boxing instructor at the 2018 SuperWalk

“I have Parkinson’s and I have accepted it. I walk to raise money to help find a cure but also because I appreciate the support that Parkinson Canada gives me to live with my disease. I don’t know what I would do without their help.” When asked what he enjoys most about SuperWalk Murray states unequivocally, “Seeing the smiles on everyone’s faces when we are all walking around enjoying ourselves. That’s what makes the day so special.”

Parkinson SuperWalk is a family outing with a special purpose. It is a great opportunity for people with Parkinson’s to meet others living with the disease, talk with their families, and build a network. Funds raised are invested in Quebec to provide services, education and advocacy for people affected by Parkinson’s and for research into improving treatments and finding a cure.

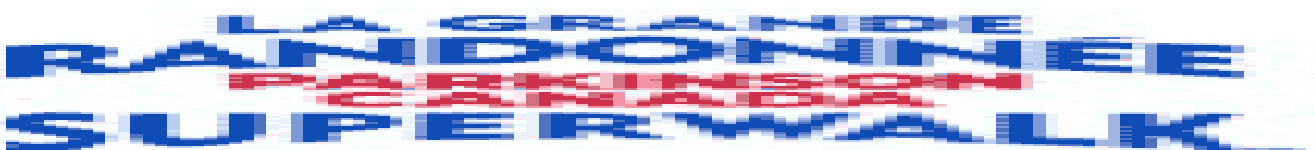
To take part in the walk or support someone you know who will be walking, register today at superwalk.ca or call Lisa Mintz 514 357-4291 or email her at lisa.mintz@parkinson.ca

Parkinson Canada SuperWalk

Sunday, September 8

Starting at the Casgrain building of John Abbott College
21275 Lakeshore Dr, Sainte-Anne-de-Bellevue
Registration at 12 pm.

About Parkinson Canada and Parkinson SuperWalk





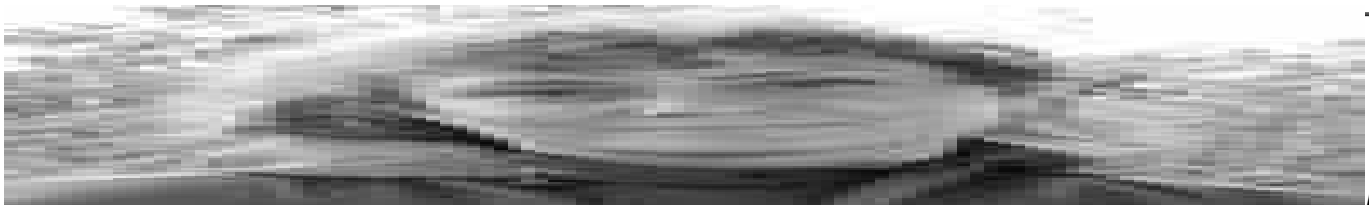
Parkinson’s affects over 100,000 Canadians, a number expected to double by 2030. Since 1965 Parkinson Canada has been the national voice of Canadians living with Parkinson’ disease. Parkinson Canada invests in research and provide education, advocacy and support services, including programs specific to the province of Quebec. Parkinson SuperWalk is the largest nationwide fundraising event for Parkinson Canada. Approximately 10,000 people in 80 communities organize and take part in this event. Since 1990, SuperWalk has raised more than \$38 million in support of the Parkinson community.

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Lisa

Mintz is the Community Development Coordinator at Parkinson Canada.



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