



We're here for you.

Hello!

The American Parkinson Disease Association (APDA) is here to provide you with the necessary information and resources to better manage Parkinson's disease (PD). We look forward to supporting you, providing you with trusted information, and helping make your life the best it can be and we're starting right here with the APDA PD INFO4U backpack!

The APDA PD INFO4U backpack was designed to arm you with the necessary information to empower you to live each day to the fullest, to better understand the disease, to be proactive in your treatment plan, and to feel supported and in control as you navigate life with PD.

Whether you were just recently diagnosed, or if you've been living with PD for a while, I'm confident there is something in this backpack that will be helpful to you. And this backpack is just the start! Inside you'll find information on the many other resources we have to educate and support you – from printed publications we can mail to your home and virtual programs you can join from anywhere, to in-person support groups, exercise classes, and educational conferences you can attend, *and so much more* – APDA has something for everyone. Be sure to visit APDA's website at apdaparkinson.org for more information and consider contacting your local APDA Chapter or APDA Information & Referral Coordinator who provides services in your community. You can call us at 800-223-2732 to find out more or email us at apda@apdaparkinson.org.

Since PD affects each person differently, the information we provide is general in nature. As always, you should consult with your neurologist for any specific questions about your health.

APDA is here to help you take a more active role in the successful management of PD and to guide you along your PD journey. As President and CEO of APDA, I want to welcome you to the APDA family, and I encourage you to take advantage of our many resources.

With hope and optimism,

A handwritten signature in cursive script that reads "Leslie A. Chambers".

Leslie A. Chambers
President and CEO
American Parkinson Disease Association

We are thankful to our generous partners Neurocrine Biosciences, Genentech and Adamas Pharmaceuticals who helped make the APDA INFO4U backpack program possible.