

WE'RE GOING VIRTUAL for 2020
TORRINGTON AREA PARKINSON'S SUPPORT GROUP
"Walk Where You Want for Parkinson's"
Sunday, September 20, 2020



HOW DOES IT WORK?

Between now and Sunday, Sept. 20th
You pick the time; you pick the place.
You set the distance; you set the pace.

Choose your companions, socially distance;
wear your mask as you raise funds to
support area people with Parkinson's.

Print the bib on the next page, and add the name of the person (people) you honor by walking.
Wear the bib to show your support for family, friends, and the entire Parkinson's community.

Register yourself and your teammates online at torringtonparkinsonssupportgroup.com.

Personal and sponsor donations may be made online or mailed to:

TAPSG, 185 East Elm Street, Box 521, Torrington, CT 06790. \$20 donation pp.

Help us promote the virtual walk by sharing information on social media.

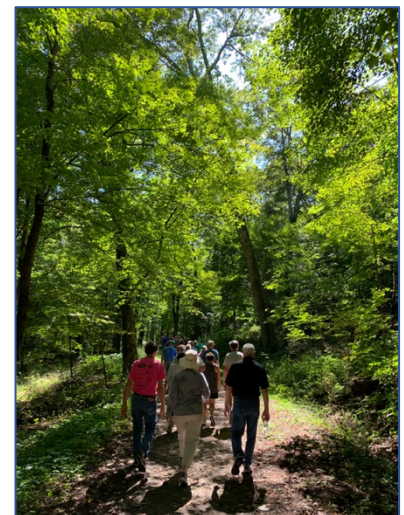
Form a team and make your day special with family, friends, a mask and social distancing.

Proceeds will benefit a local exercise program for people with PD.

We also support Parkinson's research through the Michael J. Fox Foundation
and contribute to area agencies that help us provide educational programming on PD.

Thank you for to provide the highest quality of life for
people with Parkinson's disease in the Northwest Corner of CT.

Send pictures of yourself and your team in your bibs to sgpelchat@sbcglobal.net.



We hope to see you
back at White's Woods next year on
Sunday, September 19, 2021.

*September 20, 2020 Virtual
Walk in the Woods for Parkinson's*

I'm walking to honor



Participants walk at their own risk.

Torrington Area Parkinson's Support Group, Inc. is a 501(c)(3) non-profit organization.
TAPSG, 185 East Elm Street, Box 521, Torrington, CT 06790

Virtual Walk in The Woods for Parkinson's September 20, 2020

REGISTRATION/DONATION FORM

1. Make registration checks (\$20 per person) payable to: TAPSG (Torrington Area Parkinson's Support Group).
Mail to TAPSG, 185 East Elm Street, P.O. Box 521, Torrington, CT 06790.
2. Include additional donor names and donation amounts on the back of the form with check(s) enclosed.
3. Mail forms, fees and donations to TAPSG or register online at torringtonparkinsonssupportgroup.com



Date: Sunday, September 20, 2020

Time: Whenever you like. Be sure to send a couple of great pictures to sgpelchat@sbcglobal.net.

Place: Wherever you choose, with whomever you choose. Masks and social distancing, please.

Information: www.torringtonparkinsonssupportgroup.com, or call Susan at 860-489-1677.

WALKER INFO

Last Name _____ First Name _____

E-mail so we can remind you of next year's walk _____

I am part of a team Team Name/Company: _____

Registration Fee: \$20.00 per person made out to TAPSG.

No fee required for children 12 years and younger. All children must have adult supervision.

Mail forms and fees to TAPSG, 185 East Elm Street, P.O. BOX 521, Torrington, CT 06790.

WAIVER

I agree that I am participating in A Walk in the Woods voluntarily and at my own risk. I hereby fully release all parties connected in any way with this event from all claims or lawsuits for any injuries, death, property damage or theft, losses, or any other liability of any kind, arising directly or indirectly out of my participation in this event. I consent to being provided with emergency treatment in the event of my illness or injury during my participation in A Walk in the Woods, and agree not to hold the Fox Foundation or TAPSG responsible for any costs associated with such treatment. I consent to the publication and/or other use of my name, voice, photograph or other likeness without further notice or compensation in any publicity or advertisement carried out by TAPSG in any manner whatsoever, including print, broadcast, or the Internet. By signing below, I confirm that I have carefully read this Release and Consent and fully understand and agree to its contents.

Signature of Participant _____ Signature of guardian if under 18 years of age _____

DID YOU KNOW?

- Parkinson's disease is a chronic, degenerative neurological disorder that affects one in 100 people over age 60.
- The average age at onset of Parkinson's is 60, but people have been diagnosed as young as 18.
- Parkinson's strikes men and women in every culture and race.
- Recent research indicates that at least one million people in the United States, and more than five million worldwide, have Parkinson's disease.

DONATIONS

WALKER INFO

Last Name _____ First Name _____

Please mail to TAPSG, 185 East Elm Street, PO Box 521, Torrington, CT 06790.

Name and email	Donation
	\$ <input type="checkbox"/> Cash <input type="checkbox"/> Check
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	\$ <input type="checkbox"/> Cash <input type="checkbox"/> Check

10 Early Signs of Parkinson's Disease

- Tremor
- Small Handwriting
- Loss of Smell
- Trouble Sleeping
- Trouble Moving or Walking
- Constipation
- A Soft or Low Voice
- Masked Face
- Dizziness or Fainting
- Stooping or Hunching Over