

# PUNCH OUT PARKINSONS 1ST ANNUAL WALK

10AM ON APRIL 28, 2024



**PUNCH OUT PARKINSON'S WELLNESS CENTER ASSN.**, its Board of Directors, and its Members, are reaching out to the community of White Rock and the surrounding Communities such as Cloverdale, Surrey, Langley and Delta to join us in our :

1st Annual POP's Walk Sunday, April 28 at the White Rock Beach Memorial Park close to the Pier.

**EVENT TIME: 10AM UNTIL 2PM**

**10:00AM** - CEREMONY BEGINS WITH A SHORT INTRO FOLLOWED BY THE FIRST WALKERS HEADING TO THE BEAR.

**10:30AM** - THE SECOND WALKERS HEAD FOR THE ICONIC WHITE ROCK.

**TO REGISTER AND/OR DONATE GO TO - [WWW.PUNCHOUTPARKINSONS.CA](http://WWW.PUNCHOUTPARKINSONS.CA)**

**MUSIC, REFRESHMENTS AND SPEECHES TO FOLLOW SO BRING A LAWN CHAIR AND ENJOY OUR BEAUTIFUL BEACH!**

**APRIL IS PARKINSON'S AWARENESS MONTH!** Coincidentally, it is also our 1 year anniversary as a Charity! On this last Sunday of the month we will share our progress with you. We have come a long way in the first year of our Charitable status and have several announcements to make. If you or your loved one, friend or acquaintance has Parkinson's please bring them along. Our initial focus is to help those in the surrounding communities. We have several programs in the works to be announced this day. Not to mention, we're fun!

**Everyone will have a great time guaranteed!**

Please come out and say hello to our Parkinson's members who are heavily involved in making a difference in our communities and wish to share their stories with you on what Parkinson's is from their perspective. The fastest growing neurological disease worldwide. Please don't miss it!



**REGISTER & DONATE AT**

**[www.punchoutparkinsons.ca](http://www.punchoutparkinsons.ca)**

**778-887-9058**