Dear Friends,

April is Parkinson's Awareness Month, and we have some exciting news to share with you.

We are three months away from the 6th World Parkinson Congress! Registration is Open and you can view the 4th edition of the Provisional Program HERE.

If you haven't registered for the WPC 2023, there is still time to register and plan your trip. The WPC website is full of information about traveling to Barcelona and resources to help plan your trip to the WPC.
We are excited to announce that during Parkinson's Awareness Month we are kicking off the Parkinson’s Ready Program in Barcelona, Spain. This is the legacy that the WPC leaves behind at every city the Congress is held.

In 2010 the Coalition launched its Parkinson’s Ready program to: (1) ensure WPC delegates had the best possible experience while attending the Congress; (2) the host city key staff and leadership would be ready to welcome WPC delegates; (3) raise awareness about the unique nature of Parkinson’s and showcase how a city can best welcome and support members of the Parkinson’s community.

This Parkinson’s Ready program helps the host city welcome delegates and is a great way to showcase the friendliness and hospitality of the city for ALL travelers, those with movement disorders and others. When the WPC wraps up and leaves the city, this new Parkinson’s knowledge will remain with all those who were trained and they can then use this knowledge with future guests.
to their: airport, city, hotels, meeting centers, on their trains, in their taxis, and beyond. Â£eWPC ParkinsonÂ€™s Ready BarcelonaÂ€ program will be offered in collaboration with the Catalan Parkinson Association in a series of short trainings in the three months leading up to the Congress.

Parkinson's Awareness Month is the perfect time to highlight stories from the PD community through the WPC Video Competition. The WPC recently announced the Top Twelve Finalists of the Video competition, and will announce the Grand Prize video at the opening ceremony on Tuesday, July 4.

**Now it's YOUR turn to vote** for YOUR favorite video to help us choose the **People's Choice Award**, which will also be announced at the opening ceremony. Watch all 12 top videos and vote [here](#).

**Tour de Parkinson ~ Bike to Barcelona**
We're excited to share that our Bike to Barcelona program has added a new team from Italy. This team of fifteen cyclists will be riding from Ventimiglia to Barcelona arriving on Sunday, July 2 for the welcome party we are holding for the cyclists. If you plan to be in Barcelona on Sunday, July 2, come meet the cyclists out front of the Convention Center on Sunday, July 2. It's going to be a festival!

Biking to Barcelona is an intense event that will include multiple teams of cyclists who will depart from various locations across Europe.

Learn more about Biking to Barcelona here.

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Activities coming up!

This month we have not only one WPC sing-a-long, but two!

WPC Sing-a-ongs with WPC Choir Director, Judi Spencer and Special Co-host, Brian Farrell from Calgary, Canada.
Wednesday, April 12th at 12PM PST / 1:00PM MST / 3:00PM EST / 8:00PM GST
Wednesday, April 26, with the time TBD.

Learn more and sign up [here](#).

**WPC CHOIR Rehearsal - Join the WPC CHOIR!**

The WPC 2023 Choir will unite as one global Parkinson’s community connecting through music. The winning song from the WPC 2023 Song Competition, "The Road", by Janet Shipton, will open the congress. It will be wonderful to have YOUR voice in the choir.

All choir rehearsals will take place virtually on the first Monday of each month. You can join the choir at the WPC 2023 opening ceremony live in Barcelona or virtually. The next rehearsal will take place Monday, May 1. [Learn more here](#).

We hope you can join us this summer at the Barcelona International Convention Center for the 6th World Parkinson Congress.

Thank you for supporting our work and thank you to all of the WPC Sponsors and International Partners for making The World Parkinson Congress possible.

The WPC team

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### WPC 2023 CHOIR

**WPC 2023 Opening Ceremonies will begin with song. Join the WPC Choir!**

**Next Rehearsal: May 1, 2023**

**LEARN MORE**
WHAT’s SYNUCLEIN, GOT TO DO, GOT TO DO WITH IT?

by Laura Volpicelli-Daley, PhD

My Grandma had dementia. She was never formally diagnosed because she only saw a primary care doctor who was not an expert in geriatric medicine. However, the antipsychotic medication she took caused stiffness and falling and so I suspect Dementia with Lewy Bodies, a neurodegenerative disorder with clumps of a protein called Î±-synuclein in the brain called Lewy bodies, and motor symptoms similar to Parkinson’s Disease (PD). I remember calling her and she would tell me, ‘I’m here waiting for your grandfather to get home from work’, which broke my heart as Grandpa had died ten years earlier.

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