It's been one month since we gathered in Barcelona, Spain for the 6th World Parkinson Congress. It was a week filled with laughs, tears, friendships, new collaborations, new emerging ideas and hope for progress towards finding a cure for Parkinson's disease.

Richelle Flanagan articulated it very well in this recent WPC blog post, WPC Withdrawal Syndrome, of the feelings that folks tend to have during the days and weeks following the Congress.

We wanted to take the time to look back at some of the highlights from WPC.

Before the Congress started, we welcomed the Bike to Barcelona cyclists on July 2. These amazing athletes, many of whom have Parkinson's disease, cycled from various points around Europe (coming from all over the world) to cycle to the 6th World Parkinson Congress.
We welcomed the **Tour de Parkinson** cyclists in front of the convention center with music, food, drinks and celebration. It was a fun event organized by the Catalan Association for Parkinson's.

The Congress started every morning with The Hot Topics.

The Hot Topics highlight emerging areas of study in Parkinson's research and disease management. Presenters covered topics such as genetics, the role of the diet in Parkinson's, the spread of alpha synuclein and more.

The Hot Topics were followed in the mornings by the WPC Award Ceremonies. Honoree's included Lizzie Graham, Vincent "Enzo" Simone (posthumous award), Ignacio "Nacho" Mata, Marina Noordegraaf (posthumous award), Kabugo Hannington, and Richelle Flanagan.

WPC 2023 continued with morning plenary sessions. The first day the focus was on whether biological subtypes of PD exist. We had four speakers present their research findings in a moderated discussion looking at the genetics of sporadic PD and DLB in disease subtyping, where Parkinson's starts first, the brain or the gut, different strains of alpha-synuclein, and we wrapped up with a talk about what subtypes even mean for people with Parkinson's. The second day the focus was on tracking disease progression in Parkinson's. The third morning was focused on Co-pathologies in Parkinson's disease.
Other highlights of WPC 2023 included lectures and activities in the care partner lounge, panel discussions in the Clinical Research Village, the poster session, a meet the authors' panel in the book nook, Art Walk presentations, evening Poster Tours, meetings with Directors in the Film Room, and multiple exercise classes in the Renewal Room.

Afternoon sessions covered a wide range of topics including, but not limited to, Environmental Contributions to PD, Digital Monitoring and Intervention, Emerging Therapies, Apathy and Fatigue, Therapeutic Benefits of Exercise and more. All along the main scientific program, a Spanish track offered sessions in Spanish to delegates who were looking for educational programming in Spanish.
The 6th World Parkinson Congress was spectacular. The positive energy of the people at the Congress was evident everywhere you walked.

Everyone who has attended a World Parkinson Congress knows how unique of an event it truly is, and Barcelona was no different.

The smiles lit up every room and the camaraderie of the delegates could be felt throughout the space which truly rippled throughout WPC 2023.

We hope you enjoyed the video that was shared during the closing ceremony which is available to watch again here. It's a nice visual recap of the event.

If WPC 2023 impacted you in a positive way, and you would like to support our work to continue providing an International forum for all stakeholders in the Parkinson's community, you can support our work here.

The shared experiences, the willingness to engage and share with one another, and the bond that everyone shared in the WPC space is what makes the World Parkinson Congress such a special event.

We look forward to sharing more information soon about the next World Parkinson Congress.
Support Group Leader Fundamentals Training
August 17 at 4PM PDT