Dear Friends,

Happy New Year! As the year gets underway, the anticipation continues to grow as we get closer to the 6th World Parkinson Congress. The WPC is just 175 days away!

We have some important reminders to share with you which are listed below, but most importantly **Registration is Open** and you can view the **Provisional Program HERE**.

**Key Dates & Deadlines in 2023**

- Travel Grant [information](#). **Deadline - January 13**
- Abstract submissions [information](#). **Deadline - January 13**
- WPC Video Competition [information](#). **Deadline - January 27**

For inspiration, watch some of the previous videos on our Youtube Channel [here](#).
The WPC 2023 Film Room - **Deadline - February 28**
This room will showcase the talent in the PD community and will highlight some incredible stories through short and long film. Learn More [here](#).

**Activities this week!**

WPC Sing-a-long with WPC Choir Director, Judi Spencer will take place on Wed., January 11 at 4:00PM PST / 7:00PM EST / 9:00AM Australia (Jan 12).
Learn more and sign up [here](#).

*I AM Poem* Creative Writing Workshop! Sign up for this virtual event run jointly with the PMD Alliance and the WPC on Friday, January 13 at 12PM ET.
Learn more [here](#).

**Interested in childcare at the WPC?**
The WPC is considering offering childcare at WPC 2023. We are currently collecting data to determine the level of interest from WPC Congress attendees. Please complete this survey [here](#) to let us know your level of interest.

**IMPORTANT WPC Dates:**
- [Registration and Hotels](#) Now Open
- [Buddies Program](#) Application Now Open
- [Abstracts](#) - Now Open (Deadline January 13, 2023)
- [Video Competition](#) Now Open (Deadline January 27, 2023)
- [Book Nook](#) Now Open (Deadline February 10, 2023)
- **WPC Choir** - Now Open

We have compiled some highlights from our most popular blog posts of 2022 below. Grab a cup of your favorite beverage and enjoy reading from the WPC Blog.

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. We hope your New Year is filled
with happiness, hope and health.

The WPC team

Abstract Submission is Now Open.

The World Parkinson Coalition will welcome the submission of original Scientific or Living with Parkinson’s Abstracts for poster display during the 6th World Parkinson Congress (WPC 2023) in Barcelona, Spain from July 4 - 7, 2023. Deadline to submit is January 13, 2023.

WPC BUDDIES PROGRAM

An initiative to strengthen the global Parkinson's community by introducing, or matching, WPC registrants who have signed up to attend the WPC 2023 in Barcelona

Deadline: March 17, 2023

LEARN MORE

WPC 2023 VIDEO COMPETITION

Winning video premiers at WPC 2023 in Barcelona.

Deadline: January 27, 2023

LEARN MORE
FACEBOOK LIVE RAFFLE DRAWING!

We're giving away some great prizes to people who have submitted photos to the Parkinson Tulip Project! All tulip photos will be displayed at the World Parkinson Congress in Barcelona.

Our next giveaway will not be our typical raffle for individuals, but rather a grant opportunity for two nonprofit organizations.

With support from Supernus Pharmaceuticals, the WPC will give away two $5,000 grants to the two organizations that have submitted the most Tulip photos to the Parkinson Tulip Project. On the Tulip Project application, each submission entry must indicate which organization they are connected to for that organization to get "credit."

The two winning will each receive a $5,000 grant to help bring their staff to the WPC 2023. This special FB Live announcement will take place on January 12th.

The deadline to submit Tulip photos for this particular giveaway has been extended to Wed, Jan 11 @ 12PM ET. Find some, or make some (painted, drawn, folded...) beautiful tulips and start taking your photos in these final hours of the raffle.
Exercise and neuroplasticity in persons living with Parkinson's disease was the theme of a pioneering paper on mechanisms of brain plasticity in PD published in the European Journal of Physical and Rehabilitation Medicine by Mark A. Hirsch, PhD. and Becky G. Farley, PT, PhD in 2009. The term neuroplasticity can be defined as the brain's wondrous ability to alter its own structure and function in response to changes in the internal and/or external environment, a process believed to occur in humans throughout life.
STEM CELLS FOR PARKINSON’S: HYPE OR HOPE?
by Malin Parmar, PhD and Agnete Kirkeby, PhD

DRUG REPURPOSING - DOES IT WORK?
by Simon Stott, PhD

GIFTED: ON PARKINSON’S, POISON, and PERCEPTION
by Heather Kennedy

PARKINSON’S DISEASE: RIDING A NEW STORY
by Alberto J. Espay, MD, MSc, FAAN
THE 15 THINGS WOMEN LIVING WITH PARKINSON'S SHOULD KNOW
by Indu Subramanian, MD

HOW CAN AEROBIC EXERCISE SLOW DOWN THE PROGRESSION OF MOTOR SYMPTOMS?
by Martin E. Johansson, MSc

IF CELLULAR AGING IS A KEY PART OF PARKINSON'S DISEASE PATHOGENESIS, HOW DO WE MODEL IT?
by Janelle Drouin-Ouellet, PhD

MODELING PARKINSON'S DISEASE IN ANIMALS: IS IT WORTHWHILE?
by Kelvin C Luk, PhD MTR

"PARKINSON'S DISEASE, FREEZING OF GAIT AND WALKING AUTOMATICITY"
by Martina Mancini, PhD

WE ARE WOMEN AND WE HAVE PARKINSON'S DISEASE
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