Dear friends,

We are kicking off the month of March with a few fun and exciting new collaborations that we are eager to tell you about!

First, we want to invite you to join us and to spread the word about these educational webinars and plans, such as cycling to Barcelona – yes, you read that correctly – WPC friends are already making plans across Europe to cycle to Barcelona arriving the weekend before the Congress. What a great way to kick off the 6th World Parkinson Congress!

If you would like to know more about our #BikeToBarcelona plans, to either join up with a group making the journey or host your own group of cyclers, visit this LINK and share your interest. We’ll follow up with you when we have more details.

On the exercise front, we shared an exceptional blog post last week from PhD candidate, Martin E. Johansson, at Radboud University Medical Center in the Netherlands who has done a deep dive on aerobic exercise and Parkinson’s. The blog post is below, so please take a minute to read about this exciting work and sign up to get our periodic blog posts sent right to your inbox.
WPC has three exciting webinars in the month of March.

WPC will be hosting a webinar on **International Women's Day** on Tuesday, March 8th, with an impressive lineup of researchers, clinicians, and advocates discussing research being done to understand how women may experience Parkinson’s uniquely and how that impacts daily life.

Our **3rd WPC Care Partner Virtual Lounge** series kicks off this month with an incredible line up of care partners sharing their tips and experiences and is followed by our **Research Spotlight** with Professor Andrew Singleton who will do a deep dive on genetics and Parkinson’s. Register below for these outstanding virtual programs.

**Other important dates in 2022:**
- Volunteer Application open – August 1
- Abstracts open – August 15
- Registration & Housing open – October 3

**WPC March Activities**

**WPC & Women Parkinson’s Project**
Tuesday, March 8
In honor of International Women's Day, the World Parkinson Coalition and the Davis Phinney Foundation are pleased to announce back to back webinars on Women and Parkinson's.

3 – 4PM ET/ 8 – 9PM GMT
**WPC Panel topic: Unmet needs of women living with Parkinson’s: The Gaps & Controversies**
*Mujeres con EP - Necesidades insatisfechas de las mujeres que viven con la enfermedad de Parkinson: las brechas y controversias*  
(This session will have simultaneous interpretation in Spanish)
[REGISTER](#) today
Made possible with support from Kyowa Kirin

2 - 3PM ET/ 7 - 8PM GMT
**DPF Panel topic: Women and PD**
[Register](#) HERE.

**WPC Care Partner Virtual Lounge**
Tuesday, March 22
3 – 4PM* ET/ 7 – 8PM GMT (*daylight savings)

Panel topic: What does being a Parkinson’s care partner mean to you?  
[REGISTER](#) today
Made possible with support from Supernus and Kyowa Kirin
WPC Research Spotlight  
Thursday, March 24  
11 AM – 12PM ET/ 4PM – 5PM GMT  

Professor Andrew Singleton from NIH will discuss Genetics and Parkinson’s: What does it all mean?  
Read his [blog on the topic](#).  

**REGISTER** today  
*Made possible with support from Supernus and Kyowa Kirin*  

We appreciate your support of our work and look forward to "seeing" you on our virtual programs this month.  

Eli Pollard  
Executive Director  
and the entire WPC team  

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The Parkinson Tulip Project  
SHARE YOUR PHOTO  
FOR A CHANCE TO WIN A TRAVEL GRANT TO WPC 2023  

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**SING-A-LONG**  
Wednesday, April 13  
*Join us for an hour of singing and fun!*  
**REGISTER**  

**RESEARCH SPOTLIGHT**  
Thursday, March 24  
*Discussion with Dr. Andrew Singleton*  
**REGISTER**  

**PARTNER HIGHLIGHT**  
3 PM ET/ 8 PM GMT  

**CARE PARTNER VIRTUAL PANEL**  
3 PM ET/ 7 PM GMT
How Can Aerobic Exercise Slow Down the Progression of Motor Symptoms?
by Martin E. Johansson, MSc

We tend to think of aerobic forms of exercise such as cycling or running primarily in terms of how they affect our bodies. Many people engage in aerobic exercise to tone their muscles and reduce their body fat. While these influences are highly valuable and interesting in their own right, they are not the primary reasons for why we have started to think of aerobic exercise as a complementary treatment option for individuals with neurodegenerative disorders such as Parkinson’s disease.

In addition to working out muscles and burning fat, aerobic exercise also temporarily reduces the amount of oxygen that is available in our blood and puts increased amounts of stress on the walls of our blood vessels. Our brains adapt to these events by initiating a whole host of cellular and molecular processes that contribute to maintaining the health of brain cells and the connections that these cells use to communicate with each other. The general improvement in brain health that follows from engaging in aerobic exercise partially counteracts the neurodegenerative processes that Parkinson’s disease is associated with and has the potential to slow down the progression of symptoms.

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