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Portland Unites in Fight Against Parkinson's Disease

[Beaverton, Ore., Sept. 15, 2025.] – Parkinson's Resources of Oregon (PRO), a non-profit organization that delivers support to people living with Parkinson's disease in the Pacific Northwest, will host its annual Sole Support for Parkinson's Walk on Saturday, September 20th, at the Rose Quarter Commons in Portland.

The family-friendly event connects people whose lives are impacted by a Parkinson's diagnosis together with a caring and supportive community for a walk along the waterfront, spreading awareness about this neurodegenerative disease that is on the rise throughout Oregon and the nation. All funds raised during the Portland event will remain in Oregon, where PRO has been helping people living with the disease since 1980.

The growing need for community support has never been more urgent. PRO Board member and renowned neurologist with the Parkinson Center and Movement Disorders Program at Oregon Health & Science University, Dr. Joseph Quinn, continues to see the significant impact of Parkinson's disease on his patient population.

"While we continue to advance our understanding of Parkinson's disease through research, the statistics are sobering—Parkinson's is the fastest-growing neurological disease in the world, with one person diagnosed every six minutes," said Joseph Quinn, M.D., Professor of Neurology in the OHSU School of Medicine, Parkinson's Center Director, and PRO Board Member. "With approximately 90,000 new diagnoses annually in the U.S. and our aging population, these numbers will only continue to rise. What I've learned in my practice is that Parkinson's doesn't just affect the patient—it affects the entire family. That's why community support through organizations like PRO is so vital."

Comprehensive support is exactly what PRO delivers year-round to Oregon and Southwest Washington families. PRO's service offerings include live support through their

Helpline, support groups, workshops, and facilitated connections to a comprehensive collection of fitness classes including yoga, tai chi, dance, and no-contact boxing—all proven strategies for managing Parkinson's symptoms alongside medical treatment.

Events like Sole Support help fund these vital services while bringing the community together. Join Portland's fight against Parkinson's disease. Registration for Sole Support is free, and every donation stays local to support families in our community. Whether you walk the 1K or 5K route, volunteer, or simply spread the word, you're helping ensure that no one faces Parkinson's alone. Experience the strength, hope, and determination of the Portland Parkinson's community on September 20th—because together, we are unstoppable.

Event details:

Date: Saturday, September 20, 2025

Time: Registration opens at noon; Walk begins at 1:30 pm

Location: Rose Quarter Commons in Portland

~1k and ~5k routes are walker and wheelchair friendly

Registration is free – fundraising is encouraged. To register, find out more, or donate, go to www.solesupport.org or call the PRO toll-free helpline – 1-800-426-6806.

About Parkinson's Resources of Oregon:

Parkinson's Resources of Oregon (PRO) is a donor-supported non-profit with the sole mission of improving the quality of life for people with Parkinson's, their families, and caregivers. With three locations, hundreds of volunteers, and dedicated leadership, PRO provides direct care and support to thousands of families. Working to address issues faced by Parkinson's patients and their families, PRO can significantly improve the quality of life for everyone touched by this disease. To learn more, visit www.parkinsonsresources.org

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