

The Parkinson Association of the Rockies is a Colorado-based non-profit focused on providing free information, support, and resources to help individuals and their families fight back against the disease. Hosting over 54 monthly individual and Care Partner support groups and 63 weekly exercise classes, we're supporting our Parkinson's communities across the state! Offering many forms of exercise such as non-contact boxing, dance, yoga, balance and circuit training, and voice allows us to combat Parkinson's disease daily. And with exercise as the one thing scientifically proven to slow the progression of Parkinson's, this mission is more important than ever.

With the support of our donors, we go beyond the classrooms and gyms to:

- Provide free educational events for the Parkinson's community and their care partners
- Host 2 large conferences with over 500 attendees each, and 20 smaller educational seminars a year
- Have a licensed Patient and Family Services Director to provide free home and virtual assessments and advice for individuals and care partners
- Offer a U-Step Program with over 80 pieces of loanable equipment available for our community and individuals to try before they buy

All these activities, seminars, and services we offer are geared towards helping provide mobility, education, flexibility, and support for individuals, their care partners, and the Parkinson's community.

With individual donations making up over 1/3 of our funding, we know how to make sure each dollar counts. Over 75% of our budget goes directly to the programs and operations that we offer, with your donation having a powerful impact in our outreach:

\$50 Donation

Empower 15 individuals in a weekly exercise class to slow the progression of Parkinson's.

\$100 Donation

Fund an in-home or virtual visit with a Licensed Clinical Social worker, discovering a lifeline to reduce fears and map out new directions for the PD individual and family.

\$250 Donation

Supply one U-Step walker for an individual with PD for a three-month trial period to reduce the financial strain on them and their families.

\$500 Donation

Provide monthly educational programs for up to 30 individuals.

\$1,000 Donation

Fund 3 summit trainings for Exercise instructors, Support Group Leaders, and Care Partners, ensuring continuous advancement in the latest education materials and support improving their quality of life.

At the Parkinson Association of the Rockies, we provide the vital care that counts on the way to the cure. We work to raise the quality of life for all individuals affected by Parkinson's Disease and their families through support, awareness, and research. Together, we can build a thriving community to beat Parkinson's disease.