



PARKINSON'S AWARENESS and RUN-THE-WORLD 4 PARKINSON'S



After being diagnosed with Parkinson's disease at the age of 44, physician and Air Force colonel Dr. Marcus Cranston wanted to embark on a physical challenge while raising money for Parkinson's research. Run-the-World 4 Parkinson's Disease combines travel and sports in an effort to raise money for the Michael J. Fox Foundation. Cranston also hopes to bring awareness to the disease and to tell the stories of those affected by it.

Dr. Cranston will be at our Parkinson's Center on **Thursday, 10th April 2014 from 1:30pm to 3:30pm** after which he will adjourn to the **Bukit Jalil Recreation Park (GATE 3) for his 4-mile run**. Those interested may join him there (Please see map attached). The itinerary is as follows:-



Programme

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| 12:30pm – 2:30pm | • Arrival of members and Dr. Marcus Cranston at the Parkinson's Center |
| | • Lunch (For Members Only) |
| 2:30pm – 3:30pm | Sharing by Dr. Marcus Cranston |
| 3:30pm – 4:00pm | Adjourn to Bukit Jalil Recreation Park (GATE 3) |
| 4:00pm – 5:30pm | 4-mile run by Dr. Marcus Cranston |
| 5:30pm | End |

**A JOURNEY
THROUGH 44
COUNTRIES IN
4 WEEKS AND 4
DAYS
COMMENCING
4/4/14**



Please call Malaysian Parkinson's Disease Association at 03 – 79806685 for any enquiries