

PAR  
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ESTRIE

*To move is to live,*  
**TO GIVE IS  
TO HOPE**

**Thank you for your generosity!**

Donate online on our website at [www.parkinsonestrie.org](http://www.parkinsonestrie.org) and help us reach our goal of \$35,000.

« Parkinson's Journey » is finally back this year!

Join our ambassador Élyse L'Espérance and participate in our traditionnal walk around Lac-des-Nations' boardwalk.

**No registration required.**

**For more information: (819) 239-6232**

**September 10th  
2022  
départure at 1:30  
p.m.**

**Sherbrooke's Armand  
Nadeau pavilion**

Prize draw, entertainment for young and old, free T-shirts, music, and other surprises await you!