

October 2025

Parkinson's Disease and Movement Disorder Center Monthly News and Updates

Join us on November 1st for our
Annual Parkinson's Disease Patient
and Family Symposium on
November 1st!

Parkinson's Disease Virtual Patient and Family Symposium

Saturday, November 1 | 10 am – 1:15 pm



Join us for our annual Parkinson's Disease Virtual Patient and Family Symposium, where leading experts will discuss advances in the research and management of Parkinson's disease (PD).

People diagnosed with PD, their family members, caregivers, friends and community members are welcome to attend.

There is no cost to attend this virtual symposium, but registration is required. On the day of the event, you will get an email with a link to join the session.

Register at
nm.org/pd-symposium

Parkinson's Foundation Center of Excellence

Northwestern Medicine Parkinson's Disease and Movement Disorders Center provides innovative, multidisciplinary care for patients and families affected by Parkinson's disease and other movement disorders. The center's care team works to promote health, education and support for patients. It also supports caregivers, family members, medical professionals and the community.

Presented by Northwestern Medicine and the Parkinson's Foundation



Northwestern Medicine
nm.org

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**Register
here!**

Join us at Parkinson's Foundation's
Moving Day on October 5th!



Event Details

Location: Lincoln Park Grove 2 *NEW
LOCATION*

Time: 9:00 AM

Contact: Gabrielle Perruzzi, 847-230-7896,
gperruzzi@parkinson.org

[For more information about Moving Day
Chicago, click here](#)

[To Join Team Northwestern, click here](#)

Join us for Dancing with Parkinson's
this fall at The Joffrey Ballet South
Loop!

Dancing with Parkinson's

Northwestern Medicine, in partnership with Joffrey Ballet, is happy to bring you Dancing with Parkinson's.

Date: Thursdays

September 25, October 23,

November 13, and December 18

Time: 11:30am- 12:30pm PM (CT)

Location: Joffrey Ballet's South Loop Studios

1920 S. Wabash

Chicago, IL 60605

Cost: Free

Dancing with Parkinson's is a research- backed program that facilitates movement and increases physical, mental, and emotional wellbeing. Dances can be performed either standing or seated. It's a great program for People with Parkinson's, as well as their care partners.

Questions? Email Katie at movementdisorders@nm.org or Annika at ahileman@joffrey.org

Register here

**Join us for Parkinson's Disease 201:
Managing the Middle Stages of
Parkinson's Disease on October 15**

Parkinson's 201: Managing the Middle Stages of Parkinson's Disease

PD 201 provides a deeper understanding of the medications, treatments and advanced therapies available in the management of Parkinson's disease.

After a presentation, you will have the chance to ask your questions!

People with Parkinson's, family members, care partners, and community members are welcome to attend.

Class Dates in 2025:
July 16th and October 15th
Time: 4:00-5:30PM (CT)
Where: Zoom

E-mail movementdisorders@nm.org to register.



**Register
here!**

New virtual support group coming
this fall!

Grief and Loss Support Group

Northwestern University offers support groups patients and families who are being treated for movement disorders.

Grief and Loss Virtual Support Group
Starting September 2025
First Tuesday of every month at 1 PM, CST

**For registration and meeting link please
email:**

movementdisorders@NM.org

**New Parkinson's Support Group is
coming to Orland Park in October!**

PARKINSON'S SUPPORT GROUP

Beginning in October...

A space for people with Parkinson's and their loved ones to connect, share, and support each other. Each month will look a little different – with open conversations, guest speakers, fun activities, and helpful tips for living well.

When: The second Wednesday of every month from 1:00-2:00pm

Where: 15300 West Ave, Orland Park –
Conference Room B
(Take elevator A down to floor G)

Email kellie.reynolds@nm.org to register

**Register
here!**

Support Lake Forest Hospital
through their Race to Impact 5k
event on October 5th!



Northwestern Medicine Lake Forest

M5K

RACE TO IMPACT 2025

Sunday, October 5

Join us for the 11th annual Northwestern Medicine Lake Forest NM5K Race to Impact. This special event offers a 5K or 1-mile walk option for participants, pre-race activities and a raffle you don't want to miss! Whether you want to run, walk, donate or sponsor, all are welcome.

Location

Northwestern Medicine Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045

Race Day

8:00 am Registration and
check-in begins
8:15 am Racekick-off and warm-up
8:30 am 5K run start
8:35 am 1-mile walk start

Registration

ADVANCE \$40
DAY OF RACE..... \$50
Includes shirt and registration bag

Your sponsorship, donation or participation helps provide preventive health care through wellness and medical fitness programs. Proceeds benefit patients with conditions such as heart disease, cancer and Parkinson's disease. Help us plant the Garden of Hope by purchasing a flower sign that will be placed at the event outside of Northwestern Medicine Lake Forest Health & Fitness Center.



For more
information and to
register, scan the
QR code.



nm.org

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The PDMDC is growing! Please join us in welcoming these new members of our team.

Mariana Hernandez Gonzalez-
Monje, MD, PhD
Physician at Northwestern
Memorial Hospital (downtown)

She was born and raised in the



beautiful Canary Islands, Spain. Her academic journey began at Universidad Autónoma de Madrid, Spain, where she obtained her medical degree. During her time there, she developed a strong interest in Neuroscience, leading her to pursue a PhD in Neuroscience focused on studying the dopaminergic innervation of the thalamus in a non-human primate model of Parkinson's disease.

While on her residency in Neurology at the Hospital Universitario Clinico San Carlos in Madrid, Spain, she worked closely with the movement disorders unit, where she gained some experience in advanced therapies. Additionally, she furthered her knowledge by spending three months as a clinical observer in the esteemed Sobel Department of Movement Neuroscience at the Institute of Neurology, UCL, London, UK.

Afterwards, she undertook a clinical and research fellowship at HM-CINAC in Madrid, Spain, to enhance her expertise in movement disorders. Throughout this fellowship, she honed her skills in various areas, including focused ultrasound, kinematic evaluations, and the utilization of cutting-edge technologies to assess patients with movement disorders.

In late 2020, she joined Northwestern University as a postdoctoral scholar, driven by her desire to expand my body of research and get trained in cell biology at the Krainc lab.

Dr. Gonzalez-Monje worked with the PDMDC as a fellow and gratefully decided to join us a faculty member. Welcome back to Dr. Gonzalez-Monje!

**Juan Deliz- Gonzalez, MD,
Physician at Palos Hospital
(Orland Park)**



Dr. Deliz-Gonzalez recently completed his Movement Disorders Fellowship at Northwestern and is staying on as a physician at Northwestern Medicine Palos Hospital in the Orland Park office.

Hometown: San Juan, Puerto Rico

Medical School: Washington University School of Medicine

Residency: Neurology/Movement Disorders, Northwestern University

Fellowship: Movement Disorders

Background: I decided to become a doctor after volunteering as a medical interpreter while I was in college in New York City. I then worked as a clinical research coordinator for two years prior to going to medical school. I was president of the local chapter of the Latino Medical Student Association in medical school. I completed my Neurology residency and movement disorders fellowship at Northwestern.

Shirley Ryan Ability Lab's Parkinson's
Storytelling Program is returning this
fall!

Parkinson's Storytelling Program

For People with Parkinson's and Caregivers

Living with Parkinson's disease or caring for someone who does comes with many challenges—but also powerful stories waiting to be shared. Our storytelling program is about connection, healing, and growth. Through guided workshops, we help participants find their voice, shape their stories, and share them in a supportive space. Whether you are living with Parkinson's or caring for someone who is, your story matters. Come share it with us.

ABOUT THE PROGRAM

This is an 8-week program led by **Tekki Lomnicki**, Artistic Director and Founder of **Tellin' Tales Theatre**, and it includes:

- 6 virtual storytelling sessions
- 1 in-person or virtual dress rehearsal
- 1 in-person or virtual performance

Group 1: People with Parkinson's

- **Start Date & Time:** Tuesday, October 7, 2025 from 6:30pm-8:30pm
 - Weekly meetings on Tuesdays until November 11th
- **Performance Date:** Sunday, December 7th, 2025

Group 2: Caregivers

- **Start Date & Time:** Tuesday, January 13, 2026 from 6:30pm-8:30pm
 - Weekly meetings on Tuesdays until February 17th
- **Performance Date:** Sunday, March 8th, 2026

LET'S LIFT EACH
OTHER UP—ONE TALE
AT A TIME

Register by scanning the
QR code



For questions, reach out to
Eric Espinoza,
eespinoz02@srnlab.org



Click here to read Shirley Ryan Ability
Lab's Summer Program Summary

Research Corner



Parkinson's disease research opportunity

Learn more about the NEULARK clinical trial

If you are:

- ✓ Aged 40-80 years old
- ✓ Diagnosed with early-stage Parkinson's Disease
- ✓ Not currently on dopamine replacement therapies such as levodopa

Find out how you can fast-forward Parkinson's disease research when you follow the link.



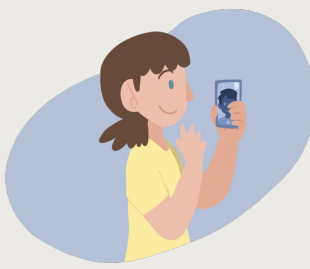
[Learn more](#)

Click here to learn more about ongoing research at Northwestern.

Virtual Support Group and Class Schedule

We use Zoom for all our support groups!

Some classes meet in person.



Register for any of the groups and classes [here!](#)

General PD Support Group

1st Wednesday of the month
1:45pm- 3:00pm

Women and PD Support Group

2nd Wednesday of the month
11:00 am – 12:00 pm

PD Care Partner Support Group

Virtual: 2nd Wednesday of the month,
2:00 pm – 3:30 pm

In-person: 4th Wednesday of the month,
1:00 pm- 2:30 pm

Young Onset PD Support Group

4th Wednesday of the month
6:00 pm – 7:00 pm

Grief and Loss Support Group

1st Tuesday of the month
1:00pm- 2:00pm

PD 101

May 21st and November 19th
4:00 pm - 5:30 pm

Dancing w/ Parkinson's

Sept 25, Oct 23, Nov 13, and Dec 18
11:30am- 12:30pm

Therapy Tuesdays Exercise Class

1st Tuesday of the month
11:00 am – 12:00 pm

Chair Yoga for PD

2nd, 3rd, 4th (and 5th)
Wednesday of the month
11:00am – 12:00pm

Art Therapy for PD

3rd Monday of the month
10:00 am – 11:00 am

Improv for PD

Thursdays 2:00pm- 3:30pm
September 18-November 20

PD 201

July 16th and October 15th
4:00 pm- 5:30 pm

Parkinson's Players Golf & Tennis

Tuesdays beginning 6/10/25
Tennis: 4:00pm-4:50pm
Golf: 5:00pm- 5:50pm

Music Therapy for PD

Tuesdays 1:00pm- 2:00pm
September 2 - November 18

For a complete list of our groups and classes, including those offered at Central DuPage and Lake Forest Hospitals, click [HERE!](#)

UPCOMING NATIONAL EDUCATIONAL PROGRAMS

PD HEALTH @ HOME (National Virtual Programming)

Don't forget our weekly (M, W, F) virtual programming that focuses on Mindfulness, Wellness and Fitness! Our PD Health @ Home offers so much! To learn more visit this link: Parkinson.org/PDHealth

Caring Together: Tools and Strategies to Support Care Partners- October 1st

This interactive workshop introduces a practical resource designed to support those caring for someone with Parkinson's. Built around five essential wellness keys, the Care Partner Guide offers strategies, stories, and tools to help care partners strengthen support networks, balance self-care with caregiving, and plan for the future. To create space for meaningful connection, the workshop will include group breakout discussions. [Register Virtual](#)

Mindfulness Mondays: Equanimity- October 6th

Managing a chronic condition can bring up feelings of overwhelm and anxiety. In this session we will think together about the cultivation of equanimity through mindfulness practice and offer a meditation specifically designed to build equanimity in the face of life's most pressing challenges. [Register Virtual](#)

The Difference between Discomfort and Pain in Parkinson's- October 8th

Pain is a common part of life with Parkinson's disease. It is complex and can take many forms. In this webinar we will review the different types of pain, their causes and various treatment options. You will learn to recognize the difference between general discomfort and true pain and understand how to effectively communicate symptoms with healthcare professionals to improve both comfort and quality of life. [Register Virtual](#)

As a reminder, the Foundation has a variety of resources available to support you and the PD community, including:

[HELPLINE:](#) 1-800-4PD-INFO (473-4636)

or helpline@parkinson.org

[PD Conversations](#) an online PD community, to connect with others living with PD and be part of a network of support.

[Newly Diagnosed Kit](#)

[Medical Alert Card](#)

[Fact sheet: Staying Safe in the Hospital with Parkinson's Disease](#)
[Tips for How to Prepare for a Telemedicine Appointment](#)
[Hospital Safety Guide](#)
[Podcasts](#)

PARKINSON'S DISEASE AND MOVEMENT DISORDERS CENTER

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