

# LIVING WELL PLEDGE

I'm fully committed to living well today with Parkinson's.

I pledge to take at least one step to improve my quality of life:

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**Date:** \_\_\_\_\_

Post your pledge where it will inspire you every day. Share it with those close to you and with the Tribe on social media.

**Make it real!**

*facebook.com/DPFnd*

*@DavisPhinneyFND*

*#LivingWellPledge*



**DAVIS PHINNEY**  
Foundation For Parkinson's

*every victory counts®*

[www.davisphinneyfoundation.org](http://www.davisphinneyfoundation.org)