

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:

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



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Foundation For Parkinson's

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