

## **Day One: The Parkinson's Prison (and the Hero's Journey to Escape!)**

This class is for people in the Parkinson's community, including care partners, who want to discover, craft and share their story. Why is sharing our stories so important? To paraphrase Dr. Ray Dorsey, author of *Ending Parkinson's Disease*, members of the Parkinson's community must raise their individual and collective voices and tell their stories in order for us to get the attention, understanding, and funding we need to stop the rising rates of prevalence and ultimately end PD. We follow in the footsteps of successful social movements like Mothers Against Drunk Driving (MADD), the March of Dimes and the HIV/AIDS movement, all of which effectively leveraged their personal stories into meaningful change. Our mission is urgent. PD is the fastest growing neurological disease in the world. Why isn't it being recognized as such? Again, we're not telling our stories deeply, fully or loudly enough. Together, we can fix this.

In order to participate in this program, you do not have to consider yourself a writer, however you must commit to writing each week. Please know this isn't an English class and there will be no grading for grammar, spelling, or punctuation. We do require these things: the effort to write, submitting your writing each week, reading your two assigned classmates' writings, and the courage to discover and share your truth through your perspective.

**Participants:** 16 maximum - people with Parkinson's disease and care partners are welcome

**Instructor & Course Creator:** Robert Cochrane, PhD

**Time frame:** 16 weeks, meeting once a week, 90 minutes per session. Classes will be recorded so that if you miss, you can watch on your own time within the week. To stay with the cohort, *you must submit your weekly writing and read two classmates' writings each week.*

**Location:** Zoom

**Format:** We will present material from the Hero's Journey and several films that tell relatable, informative stories we can use in discovering our own path. We will also lean on supplemental reading material (participants are not required to read these on their own), including the Hero's Journey by Joseph Campbell, Man's Search for Meaning by Viktor Frankl, and Atlas of the Heart by Brene Brown.

**Cost:** \$2000 per participant payable to the non-profit, Yes, And...eXercise! We're happy to help you fundraise creatively. Think of this as an investment into yourself and the PD community at large. Learning what your story is can help to set you free from self-imposed prisons of thought and action.

Please sign up using the QR code to fill out our form. You can see more about this program at our website, [www.yesandexercise.org](http://www.yesandexercise.org) (click Day One tab in the navigation bar).

