

# EMPOWER U Taking Control of Parkinson's Disease



*Presented by Cleveland Clinic, a Parkinson's Foundation Center of Excellence*

**Saturday, September 19, 2026**

9:00 am - 3:00 pm

**John S. Knight Center**

77 E Mill St | Akron, OH 44308

*Free valet parking and lunch provided.*

**Scan the QR Code or  
Visit the Link to Register!**



[Link:](#)

[bit.ly/EmpowerU26](https://bit.ly/EmpowerU26)

Questions? Email [CNRCOE@ccf.org](mailto:CNRCOE@ccf.org)

This education-driven, one-day health fair provides a positive, interactive approach to helping individuals with Parkinson's disease take control of their disease, maintain their identity and improve their quality of life.

The goals of the event will be accomplished through:

- A flexible schedule – Choose what time you want to come and what sessions you want to attend: Morning, afternoon or all day.
- A large number of exhibitors, many of which are interactive.
- Several education sessions to choose from on various Parkinson's disease related topics

## TOPICS

**Exercise in PD**

**Cognition**

**Rehab Therapies throughout the stages of PD**

**Depression, Anxiety, and Apathy**

**Sleep**

**Deep Brain Stimulation and Focused Ultrasound**

**Update in Medications**

**Living Well with PD**

**Resources for all stages of the PD Journey**

**Ask the Experts Q&A**



## Help Us Design This Year's EMPOWER U T-Shirt!

Choose one of the following taglines and design a logo to go with it:

Option 1: Empower. Overcome. Thrive.

Option 2: Unshaken Spirit, Unstoppable You

Option 3: Hope In Every Step

Option 4: Move with Power, Live with Purpose

Anyone with Parkinson's Disease can submit up to three (3) entries by email to [CNRCOE@ccf.org](mailto:CNRCOE@ccf.org) with Entry in the subject line. Please include your first and last name, and a phone number in the email. Logos can be created on the computer or drawn by hand.

**Deadline: August 15, 2026**

The winning design (chosen by the EMPOWER U planning committee) will be featured on EMPOWER U 2026 t-shirts given away at the event. Winner will also receive recognition at EMPOWER U on September 19th.