



**Stanford**  
MEDICINE



**AMERICAN  
PARKINSON DISEASE  
ASSOCIATION**  
Strength in optimism. Hope in progress.

# The Parkinson's Plan: The Parkinson's 25

THE  
PARKINSON'S  
PLAN

A NEW PATH TO  
PREVENTION AND TREATMENT

RAY DORSEY, MD, MBA

MICHAEL S. OKUN, MD

AUTHORS OF ENDING PARKINSON'S DISEASE

**Co-author Dr. Michael Okun shares the science, stories, and urgency behind his new bestselling book.**

The Stanford APDA Information & Referral Center welcomes Dr. Okun for three in-person events in September 2025. Join Dr. Okun's conversation with Stanford's Robin Riddle. Audience questions welcome.

Dr. Okun will detail some of the 25 steps necessary to lower your risk of developing Parkinson's and, if you have PD, slowing decline. His focus is on the food we eat, the water we drink, the air we breathe, and the lifestyles we live.

**Wednesday, September 24, 3:30-5pm**

Channing House, 850 Webster St., Palo Alto

**Thursday, September 25, 10-11:30am**

The Villages, 5000 Cribari Ln., San Jose

**Thursday, September 25, 3-4:30pm**

Little House, 800 Middle Ave., Menlo Park

Space is limited at each venue. Each venue requires you to check-in at their front desk or security gate.

**RSVP Now:** Stanford APDA - stanfordapda@gmail.com, phone 408-206-6522. Please share your name, email address, phone number, and if you have 1 or 2 in your party.

**RSVP deadline:** September 22, 2025

**Note:** There is no virtual option, and these conversations will not be recorded.



For further details about parking, checking in, and the speaker, see our blog post.

