



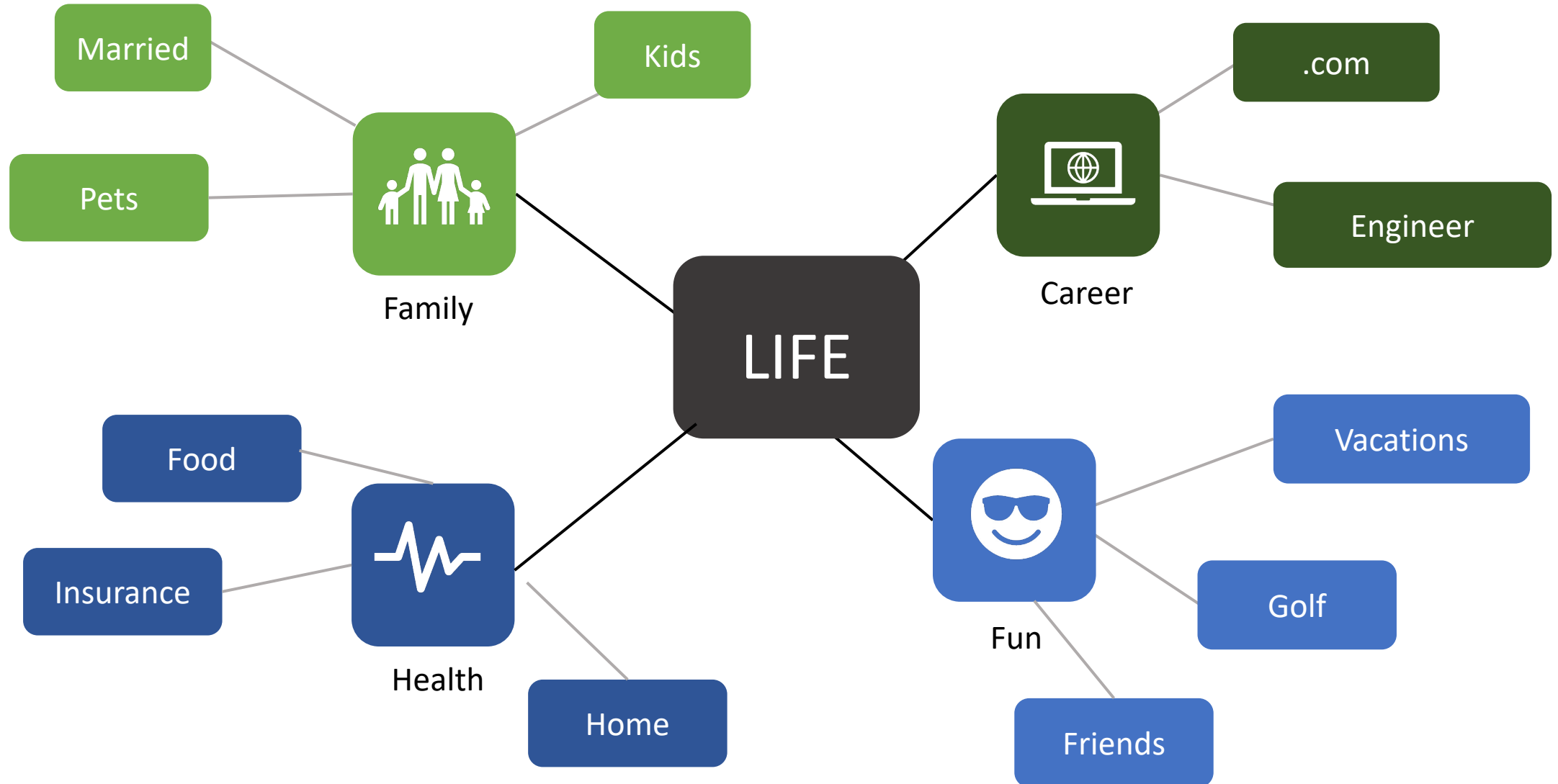
# CHERRYL CHOI

• MY PACER LIFE



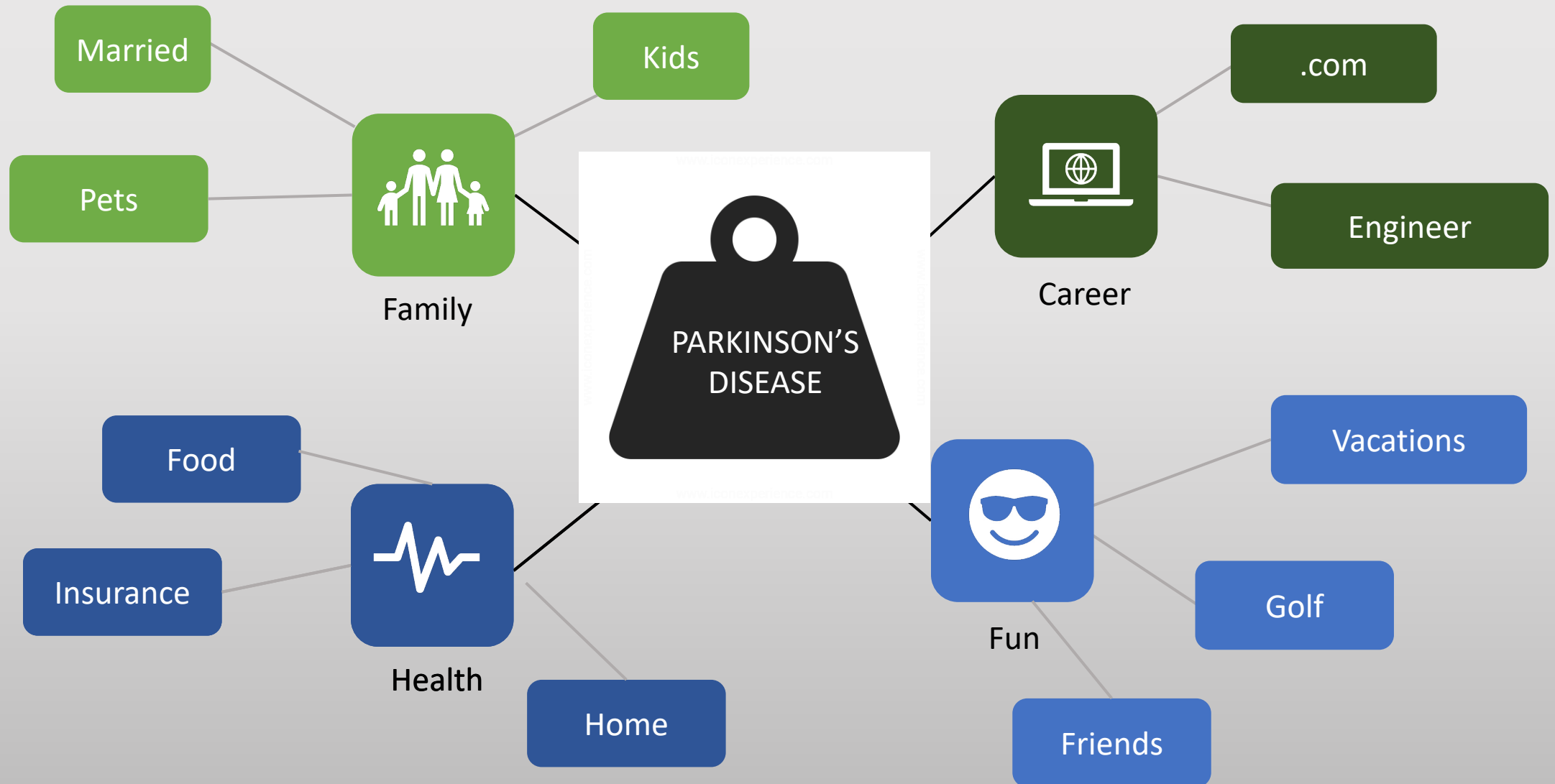
# We had it all figured out...

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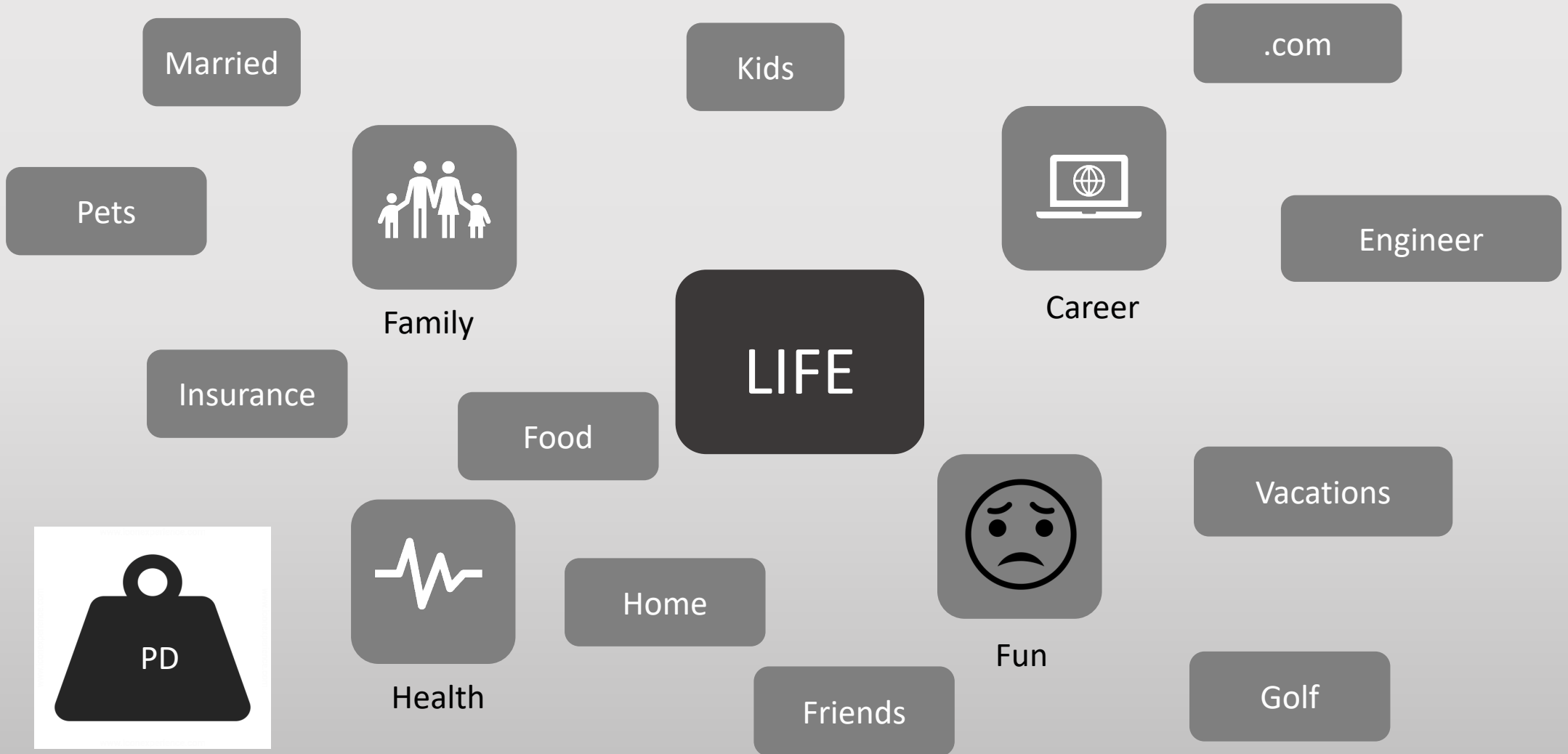
# And then we didn't.

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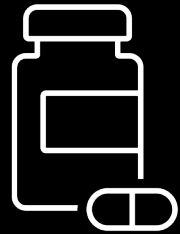
# The Dark years...

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TREMORS  
BALANCE ISSUES



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I only saw  
what he  
wanted me to  
see



I HAD TO...




# MAKING THE CHANGE



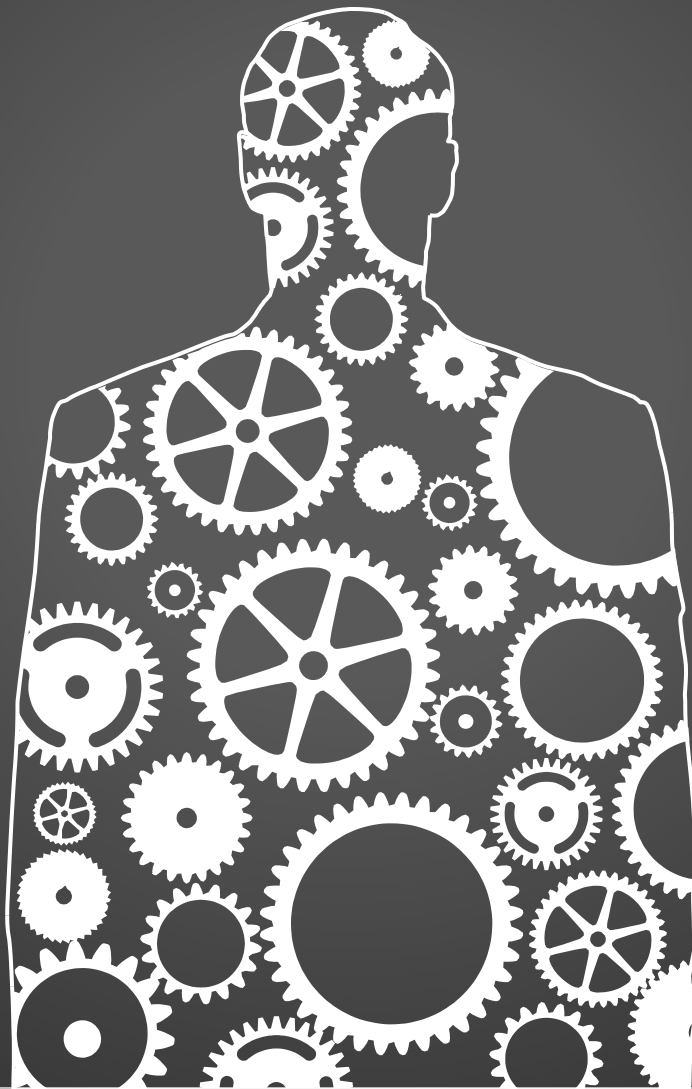
PWP



CLINICAL TRIALS




FAMILY & FRIENDS



EXERCISE

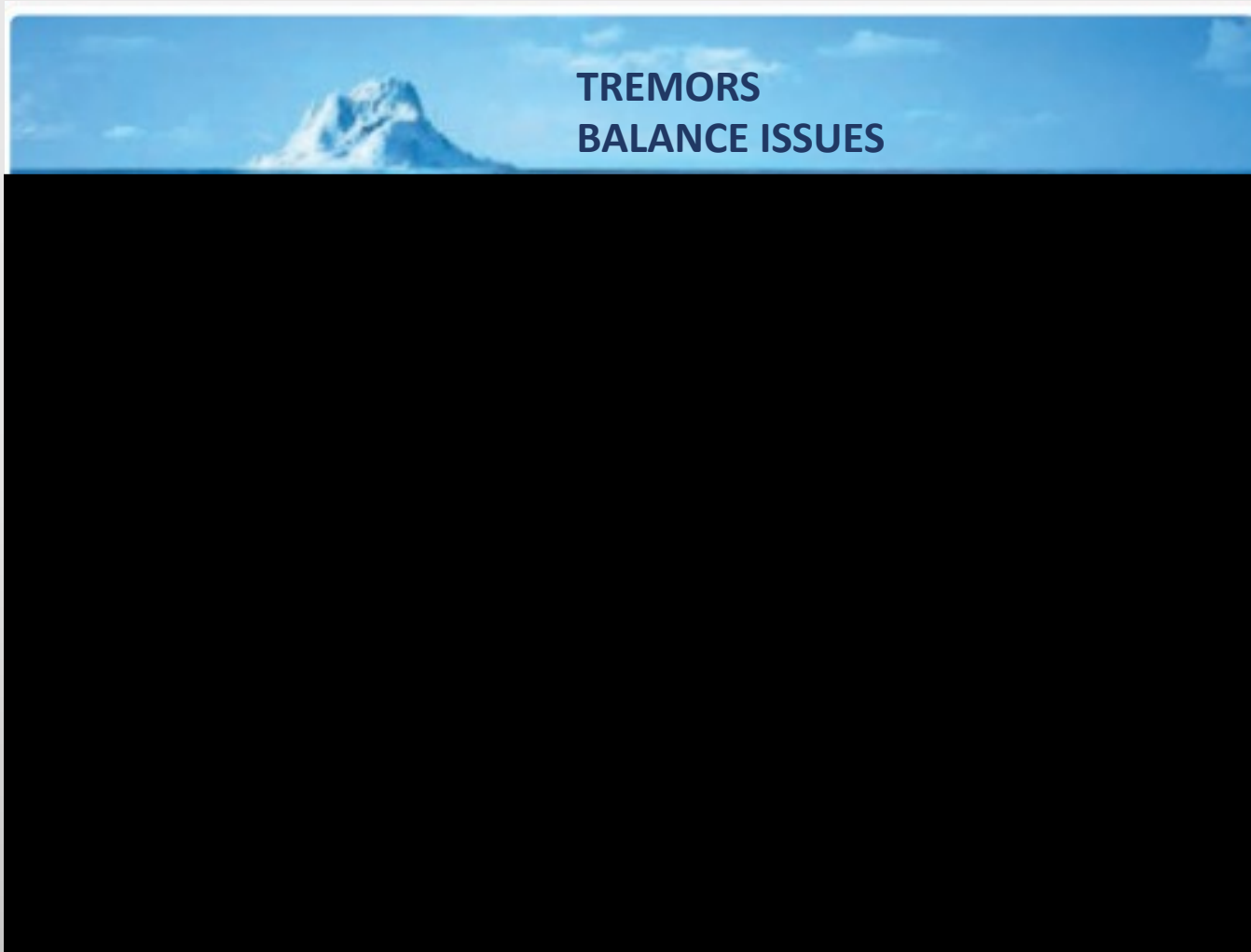


CARE TEAM



FUNDRAISE





I started  
uncovering  
other aspects  
of PD

An orange speech bubble with a white question mark inside. The bubble has a tail pointing downwards and to the left.

WHAT CAN I  
DO?

P

PARTNER



- Help Manage his symptoms
- Married life
- Raise our kids

P

PARTNER



A

ADVOCATE



- Shake It Off 5K
- Movember4PD
- Social Media
- Remove the stigma



P

PARTNER



A

ADVOCATE



C

CHEERLEADER



- Spectator
- Backup Meds
- 5K, 10K, Half (106), Marathons (16), Ultra
- American Ninja Warrior (5)
- Guinness World Record (3)



P

PARTNER



A

ADVOCATE



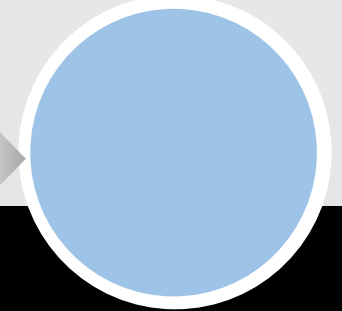
C

CHEERLEADER



E

EMPOWER



- Learn his body
- Understand his limits
- Try on new challenges
- Safe place
- FAIL



P

PARTNER



A

ADVOCATE



C

CHEERLEADER



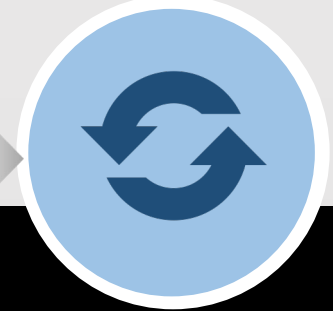
E

EMPOWER



R

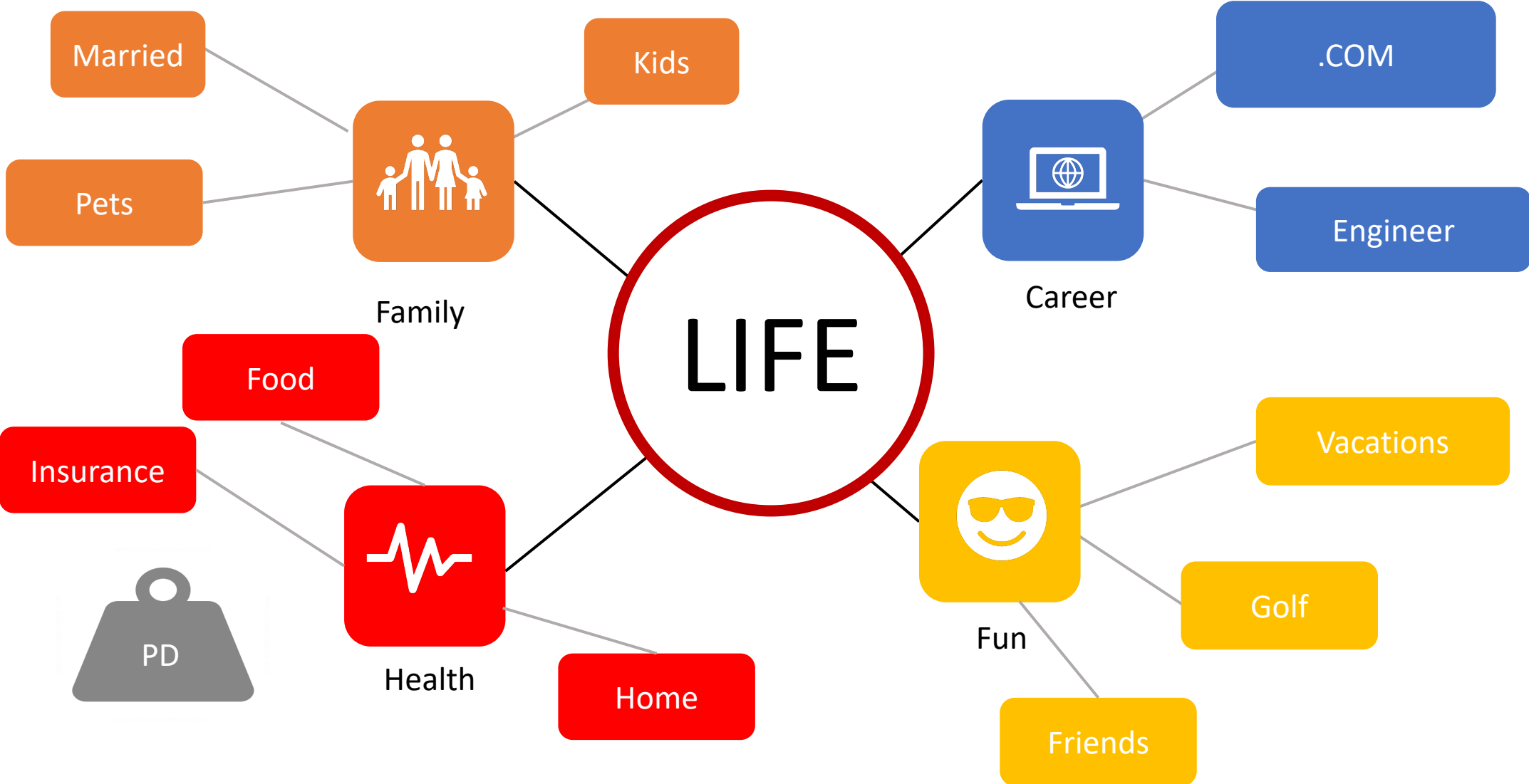
REPEAT



- Repeat
- Routine
- New Normal



# Parkinson's is still there, but I changed how I think about it.

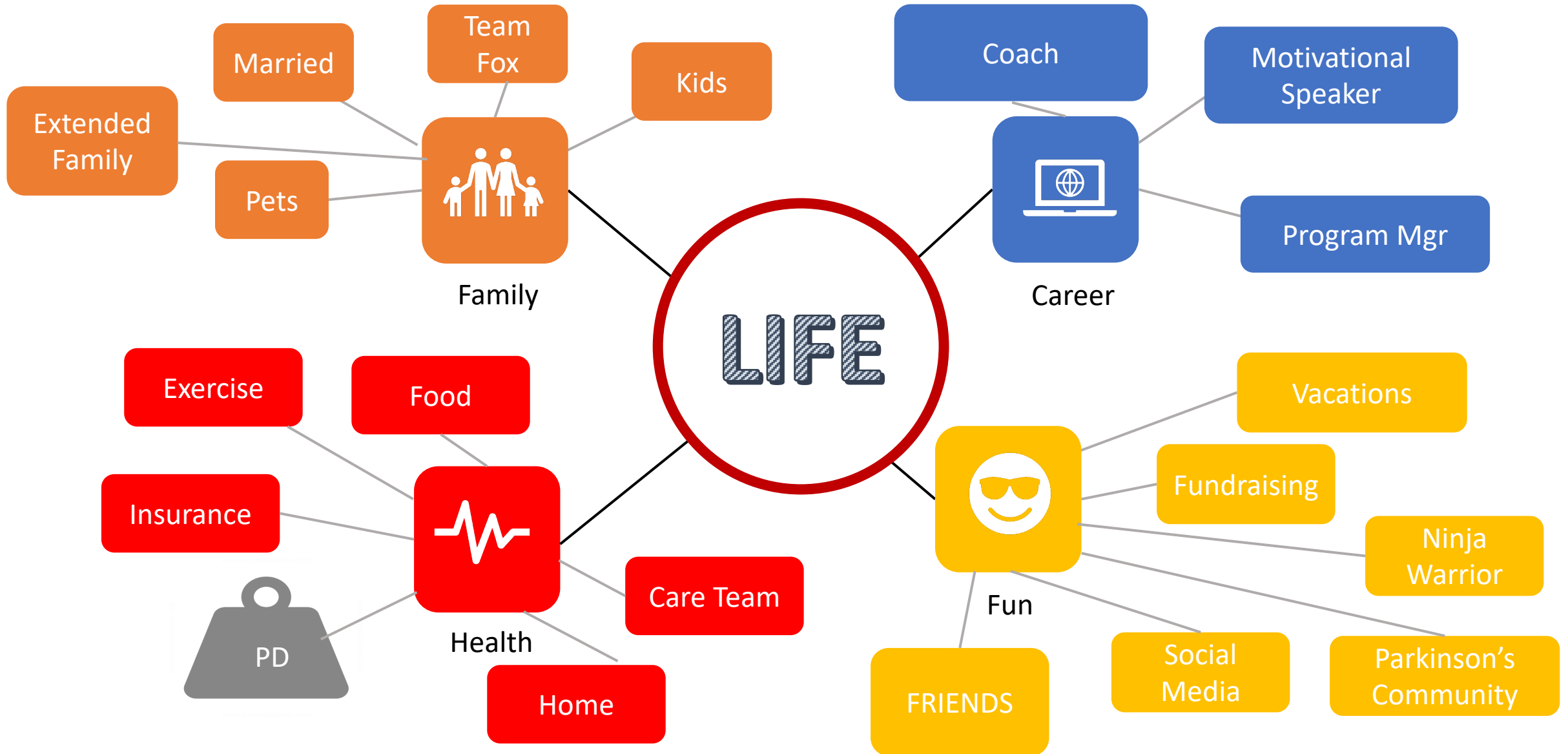




An orange speech bubble with a white outline, containing the text "I GET TO...".

**I GET TO...**

# I GET TO CHOOSE HOW WE LIVE WITH PD





How do YOU picture  
your life with  
Parkinson's?

WHAT DO YOU **GET TO** DO TODAY?

**THANK YOU!**