



8th February, 2017

Media release

For immediate release

Parkinson's NSW member awarded Australia Day honour

Parkinson's NSW are delighted to announce that long standing member and person with Parkinson's, Mr. Adrian Unger has been awarded the Medal of The Order of Australia (OAM) for services to people with Parkinson's disease.

Mr. Unger is the founder of Punchin' Parko's, an exercise class that uses non-contact boxing techniques in a fun and interesting atmosphere for both people with Parkinson's and carers. The class aims to reduce the symptoms of Parkinson's by increasing the neuroplasticity of the brain.

Jo-Anne Reeves, CEO of Parkinson's NSW said "on behalf of Parkinson's NSW, I congratulate Adrian Unger on his OAM and thank him for his efforts to support those living with Parkinson's through Punchin' Parko's."

In Australia, every hour of every day someone is diagnosed with Parkinson's. There are 80,000 people with Parkinson's in Australia across all age groups. Whilst the majority of people affected are over 60 at the time of diagnosis, 20% are of working age and 10% are under the age of 40. There is no known cause or cure.

To enquire about Punchin' Parko's classes, please contact our InfoLine on 1800 644 189.

Media enquiries:
Clare Audet
Parkinson's NSW
0431 200 435