



You are invited to the 11th  
**Porridge for Parkinson's Breakfast**  
Sunday, November 20th--8:30 - noon  
3461 West 3rd Avenue.

P.P.R.I.  
210 - 1095 W. Pender St.  
Vancouver BC V6E 2M6

Thanks to our match funding,  
all donations will be tripled  
Please bring your coins  
for Mac's "Pennies for Parkinson's".

If you cannot join us,  
please consider an on-line donation  
to the Pacific Parkinson's Research Institute:  
[www.pacificparkinsons.org](http://www.pacificparkinsons.org)

Marg, Noel and Mac