

Pump it for Parkinson's

4th Annual Step-a-thon, Basketball Challenge, and Pump It Pavilion.

Raising awareness on the benefits of exercise for people with Parkinson's Disease

Be a part of
this growing
cause!



Our annual step-a-thon event, Pump it for Parkinson's, is all about one thing, fighting PD one step at a time! NIFS welcomes the Parkinson's community to visit our downtown Indy location to contribute to our **goal of achieving 50 million steps on Thursday, April 9, 2026.**

With your support, Pump It for Parkinson's can continue to be a growing community of people and organizations, determined to keep moving forward for a cure, one step at a time.



Let's take the next STEP together.
Sponsor | Donate | Volunteer

Contact [Emily Davenport](#) on how you
can take part in our annual event.

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