



New Jersey Center for Tourette Syndrome and Associated Disorders

50 Division Street Suite 205 Somerville NJ 08876 1 877 NJTS INFO www.njcts.org

For Immediate Release

Contact: Nicole Greco
(O) 908-575-7350

Youth Organizer Is Calling All Kids to *Mendham Walks for TS* on November 19th

Registration is now open for the second annual 5K walk and family fun run at Mendham Borough Park is set to benefit the NJ Center for Tourette Syndrome

Mendham, NJ- Who says kids can't change the world?

Last summer, Mendham teen Emily Carrara wanted to host a public awareness event on behalf of a family member with Tourette Syndrome and so she contacted the NJ Center for Tourette Syndrome. Together they launched the first *New Jersey Walks for TS* event in Mendham last November. It was a huge success, drawing a crowd of over 300 walkers and becoming a significant fundraiser to support the programs and services of the Center.

This year, Emily is challenging her peers to join her in making this year's walk even more powerful. "I want my part and my voice to be the stepping stones for getting younger students in middle school and high school and even college students to get more involved, reminding the children and adults with TS that they are not alone, and helping them gain confidence," said Carrara.

A call to march, and a call to remind the TS community that they are an important part of our society.

Kids can gather their families, friends and classmates to form walking and fundraising teams. Registration is now open second annual *Mendham Walks for TS* 5k walk and family fun run to raise awareness of Tourette Syndrome. Visit www.active.com/donate/MendhamWalksforTS or www.njcts.org to register and begin forming teams.

Tourette Syndrome is an inherited neurological disorder seen in as many as 1 in 100 children according to the Center for Disease Control. It's characterized by uncontrollable motor or vocal movements known as tics and is frequently accompanied by other disorders including ADHD, OCD, learning disabilities, depression, anxiety and sleep problems. TS is a spectrum disorder which ranges from very severe to mild. It usually appears when a child is 6 or 7 years old. It

affects all races and ethnic groups. There is no cure for Tourette Syndrome but early diagnosis and support are critical in dealing with this disorder.

“It’s amazing to see the energy and enthusiasm of New Jersey’s kids and young adults at work,” said the Center’s Executive Director Faith W. Rice, “I’m looking forward to seeing this youth movement empower the people around them to step up for self-advocacy.”

For more information about the Center or to volunteer for the walk, please call 908-575-7350.

#

New Jersey Center for Tourette Syndrome and Associated Disorders, Inc.- Collaborative partnerships for the TS community.