



NJ Walks for TS Kicks off 2015 as a Statewide Program

The NJ Center for Tourette Syndrome will bring the event to South Jersey this fall

Somerville, NJ- The New Jersey Center for Tourette Syndrome and Associated Disorders (NJCTS) is expanding its successful NJ Walks for TS event to include South Jersey. The annual 5K walk and family fun has taken place in North Jersey (Mendham) since 2010 and began in Central Jersey (Princeton/West Windsor) in 2014. Known as a day of "advocacy and self empowerment" on behalf of the thousands of New Jersey children and families living with Tourette Syndrome (TS), the first South Jersey walk will take place this fall in Medford Lakes.

"We're pleased to bring this event to the families and professionals we serve in the southern portion of the state," said Faith W. Rice, NJCTS executive director, "The opportunity to spread awareness of TS has the potential to help children who have yet to be diagnosed and those who are living with TS and aren't being served."

"Since its inception, NJ Walks for TS has drawn support from state and federal legislators, sponsors and the hundreds who attend to make the day a celebration of what makes us unique," said Rice, "The focus here is that what makes us different makes us stronger- everyone has fun when we stand up for advocacy, awareness and empowerment."

The 2015 NJ Walks for TS schedule is as follows:

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| March 29- | NJ Walks for TS at Princeton (West Windsor) | <u>Registration is open at NJCTS.org</u> |
| September - | NJ Walks for TS at Medford Lakes | Details to be announced at NJCTS.org |
| November | NJ Walks for TS at Mendham | Details to be announced at NJCTS.org |

Each event draws hundreds of children and adults as a show of support to their loved ones living with TS- an inherited neurological disorder characterized by uncontrollable movements or sounds known as tics. People with TS frequently have associated mental health and learning disabilities including obsessive-compulsive disorder (OCD), depression, anxiety and attention deficit hyperactivity disorder (ADHD). As many as 1 in 100 people have symptoms of TS, yet the disorder is often misunderstood in the medical community.

All funds raised by NJ Walks for TS will benefit the NJCTS Education Outreach Program which deliver professional trainings to educators and healthcare providers, anti-bullying and youth leadership workshops as well as college scholarships for HS students diagnosed with TS. Currently, NJCTS is looking for sponsors and volunteers to serve in each region of the state. For more information about NJ Walks and the Education Outreach Program call 908-575-7350 or visit NJCTS.org.

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