

MONTHLY MOMENTUM

BEAT PARKINSON'S TODAY



AUGUST 2025

MOMENTS THAT MATTERED

HIGH INTENSITY



Research shows that high-intensity exercise is one of the most effective ways to slow the progression of Parkinson's symptoms. That's why every Beat PD Today class is designed with intensity built in—no matter your age, stage of Parkinson's, or exercise background. By challenging your body and brain at a higher level, you boost dopamine activity, improve motor function, and build the strength, balance, and confidence to move through daily life with greater ease.

BEAT PDBUDDIES

Join our online support group every **first Tuesday of the month!** It is included in memberships and every month has a guest speaker or discussion topic focus. Call us or email director@beatpdtoday.com for more information!



SOCIAL MEDIA

Be sure to follow us on Facebook and Instagram to stay up-to-date on our latest events and exciting announcements! You'll also find unique Parkinson's tips and inspiring stories showcasing our members in action. Join the community online and see how we're moving, motivating, and beating Parkinson's together!



CHAMPIONS IN ACTION

Our fighters were fighting this month!

Our challenge was to attend **3-4 classes every week!** There were a total of **27 members** who accomplished this goal!
13 members attended more than 12 classes in the month of August!

Consistency is what makes the difference!
Keep fighting and showing up for YOU!
Congrats to **Sally Maher & Judith Arnold** for being the winning fighters!



MILESTONE MOVERS



Let's give a big shoutout to our **Milestone Movers** who showed up strong this month—whether online or in person—and kept the momentum going! Their dedication and consistency are worth celebrating, so join us in cheering them on for another month of incredible effort and progress!

Here are this month's Top 5 Class Champions!

Leslie Chesnut - 23 Classes!

Sally Maher

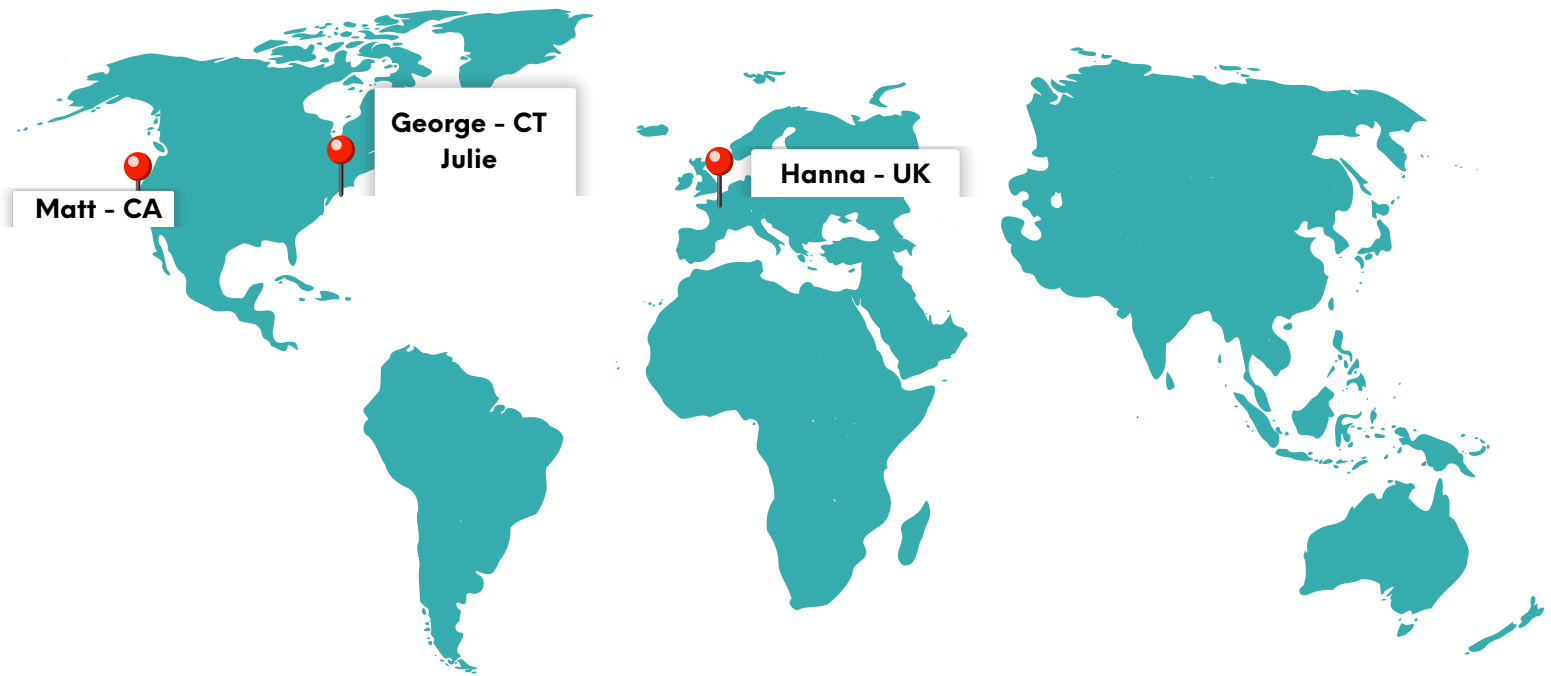
Betty Russ

Kristen Norderval

Prasannan Parthasarathi



Check out the map below to see where our **4 newest members** joined us from—across the USA!



GOLF TOURNAMENT



Friday, September 19, 2025

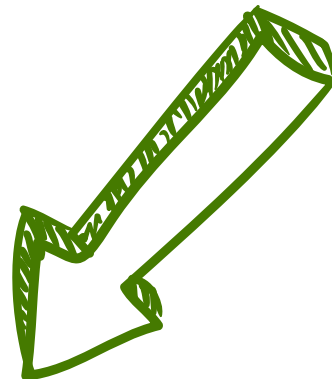
Portland Golf Course

Portland, CT

2 WEEKS AWAY



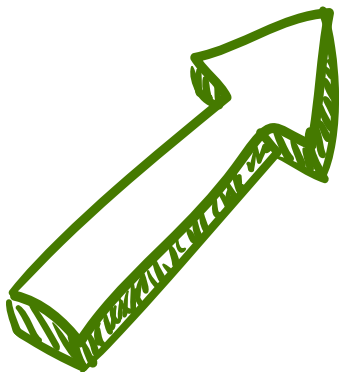
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OVER \$8,000!**



**LIVE IN CT?
STILL LOOKING FOR
VOLUNTEERS!**

IN THE NEWS

BEAT PD TODAY FOUNDER'S JOURNEY



READ THE FULL STORY!

Learn more about the start of Beat PD Today and how our founder, Michelle Hespeler, has inspired so many in the Parkinson's community.



Scan Me!

LOOKING AHEAD: WHAT'S NEXT?

SEPTEMBER 2 – Beat PD Buddies Online Support Group

SEPTEMBER 2 – BOD Meeting 7 PM

SEPTEMBER 19 – CT Golf Tournament

SEPTEMBER 24 – Michelle's Power Hour

OCTOBER 18 – Moving Day – New Britain, CT

OCTOBER 25 – Moving Day – Raleigh, NC

MAY 2026 – NC 5K Road Race

TIP OF THE MONTH

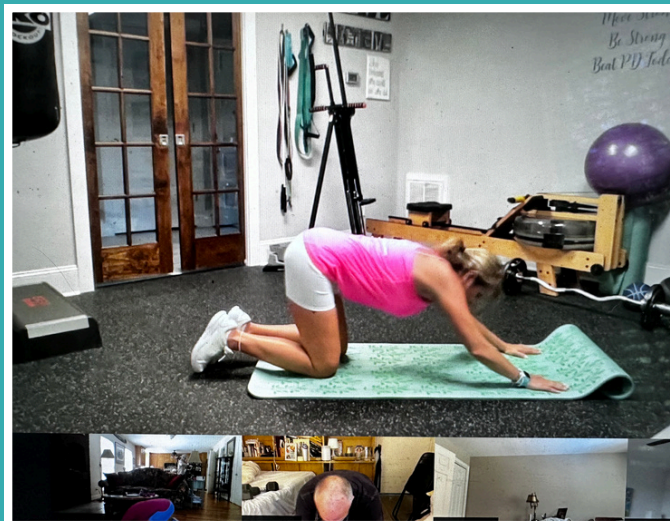
September is focused on coordination! Your trainers will be playing some games in class and your challenge is to play those games with your partners, kids, grandkids. Make exercise fun & a family activity!



EVENT RECAP

Michelle's Power Hour is back and better than ever! Join our founder, Michelle, for a fun, high-energy workout packed with unique monthly themes, great conversations, and plenty of encouragement from your fellow BPD Champions. It's the perfect way to stay motivated, connected, and strong together!

Power Hours will now be held at 10:00 AM on the last Wednesday of every month — don't miss this month's session on September 24th!



WORKOUT WALL

