

PD INSIGHT

The Pulse of Parkinson's

NOVEMBER 2024



GIVING TUESDAY 2024

Join the Fight: Empower lives, fund hope, and help find a cure for Parkinson's Disease because together, we can expand access to our vital exercise program!

We are participating in a month long campaign leading up to **Giving Tuesday on December 3rd.**

Your donations will....

- Provide more class times
- Help hire more certified trainers
- Provide financial assistance
- Purchase more workout equipment



[Donate or Start a Fundraising Page Here!](#)



GIVING TUESDAY

Thank you to our last year's donors:

Marie Parker
Charles Schmidt
Michael Jagoe
Craig Thompson
Marc Luppachino
Eileen Powers
Daria Luppachino
Anthony Luppachino
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Fred Wergeles
Anthony Belleza

FIGHT THE FIGHT WITH BEAT PD VIRTUAL WEBINAR

LEARN MORE ABOUT THE BEAT PARKINSON'S TODAY
EXERCISE & HOLISTIC WELLNESS PROGRAM.



DATE:

THURSDAY
NOVEMBER 21ST



SPEAKER:

YALE NEUROLOGIST
DR. SULE TINAZ



TIME:

6:00 PM
EASTERN TIME

WEBINAR AGENDA:

- Opening Keynote
- Founder's Message
- Scientific Research
- Success Stories
- Q & A

Learn about our program's history & international influence
Be inspired by our founder who has had PD for 18 years
Yale University research study shows our program works
Hear testimonials from Beat PD members
Ask your questions about our programs



communications@beatpdtoday.com



860 - 918 - 9594 (ext. 4)



www.beatpdtoday.com

FIGHT THE FIGHT



BEAT PARKINSON'S TODAY
GIVING TUESDAY CAMPAIGN



REGISTER AT WWW.BEATPDTODAY.COM
OR SCAN THE QR CODE BELOW

[REGISTER HERE!](http://WWW.BEATPDTODAY.COM)



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OUR SMALL VICTORIES



TRAINER MARY

Opportunity to
train with Kim &
Rita!

TRAINER KIM

Getting out
on the golf
course

LET'S
CELEBRATE!

TRAINER RITA

Functioning on
no sleep due to
being a new mom

TRAINER ANNE

Tuesday in person
class members -
making strides!

What's your small victory?

Email communications@beatpdtoday.com

NOVEMBER MONTHLY FOCUS

Classes this month will be focused on **Lateral & Posterior Movement**.

Our workouts will focus on **movement away from or towards the body's midline**, usually side-to-side with exercises like lateral arm raises and side lunges. We will also **focus on movement moving backwards** like glute bridges and rows. Together, these types of movements promote a balanced and functional body, supporting overall mobility and stability.



CALENDAR OF EVENTS

November 2	Moving Day Demo, Raleigh, NC
November 5	Eco - Buddies Meeting
November 12	Board Meeting
November 21	Fight the Fight Virtual Webinar
November 30	Good Hops NC Beer Release Party
December 3	Giving Tuesday
December 3	Eco - Buddies Meeting
December 12	Board Meeting
April 2025	Parkinson's Awareness Month



Beat Parkinson's Today

Beat PD Eco-Buddies

Must be a Beat PD Member or Family

We are a community of people with Parkinson's Disease that gather to build a strong eco-system in which to share, grow, learn, listen, and prosper together.

Online event to chat & support one another!

Meeting Dates:

- October 1
- November 5
- December 3

Go to www.beatpdtoday.org
call 860-918-9594 with questions



Go to
www.beatpdtoday.com
to get more
information on all
of these programs

**BEAT PARKINSON'S TODAY
ONLINE APPAREL STORE**

WWW.BEATPDTODAY.COM