



Beat PD Today

Upcoming Events

October/November 2019

Mark your calendars! There's great stuff happening in the next few weeks!

New Beat PD Classes with New Trainer

Come check out these new classes at the PD Center in East Hartford and meet our newest trainer, **Sarah Maben!**

Tuesdays 6:00 p.m. (replaces 6:30 p.m. class) - Silver/Gold

Wednesdays 10:15 a.m. - Beginners/Bronze

We'll be adding more classes in November, so stay tuned!



Coffee Chat: October 31 at 9:00 a.m.

Join **Michelle Hespeler** and Beat PD staff and volunteers for an informal gathering over coffee and light breakfast. Share stories, ask questions, and get the day off to a fun, social start! If you have a specific topic you'd like to discuss with the group, [email Michelle](#) with your

idea.

Taking On Parkinson's Disease: November 2 at 10:00 a.m.

Join us for a live educational event hosted by **Dr. Duarte Machado**. When it comes to living with Parkinson's disease, knowledge really is power. This event will address many common questions and treatment options and provide tools and resources for having a conversation with your provider. You can find event details [here](#). Space is limited and advanced registration is recommended. To sign up, call 1-844-947-4211 or [click here](#).

Thanksgiving Craft Lunch: November 14 at 12:00 p.m.

Kick off the holiday season with your Beat PD family! Join us for lunch and make a lovely Thanksgiving-themed banner to display in your home or give as a gift. To sign up, visit the PD Center or [email Michelle](#). **Attendance is limited to ten people, so sign up today!**

