

# MONTHLY MOMENTUM

## BEAT PARKINSON'S TODAY



### SEPTEMBER 2025

## MOMENTS THAT MATTERED

### THE SCIENCE BEHIND IT

Curious about the science behind our program? Don't miss Dr. Sule Tinaz, co-lead investigator of our Yale University study, sharing insights in a one-minute "Cure Now: PD" meeting. Learn why exercise is crucial for slowing Parkinson's progression and how our program is helping members stay strong, active, and empowered.



Scan here to  
watch the  
video!



Yale University  
School of Medicine



## BEAT PD BUDDIES

Join our online support group every **first Tuesday of the month at 3:00 PM!**

Here are the topics for the rest of the 2025 year:

**October** - Yale Study

**November** - Bring your caretaker!

**December** - PD Resources

## NEW CLASS TIME

Starting October 1<sup>st</sup>, join our trainer, Kim, for an **online Advanced Level class.**

**Mondays & Wednesdays  
6:00 PM**

## CHAMPIONS IN ACTION

Every Beat PD Today class ends with stretching and visualization, followed by our mantra: **"Think strong, move strong, be strong – Beat PD Today."** Stretching helps improve flexibility, reduce tension, and prevent injury, while visualization and a positive mindset can boost confidence, motivation, and overall well-being—especially for those living with Parkinson's. Ending each class this way empowers our members to leave feeling strong, focused, and ready to take on the day!



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# MILESTONE MOVERS

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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!

**Betty Russ - 24 Classes!**

**Leslie Chesnut**

**Lousie LaButis**

**Judith Arnold**

**Prasannan Parthasarathi**



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Check out the map below to see where who joined us this month!





# A HOLE-IN-ONE 5<sup>TH</sup> ANNUAL GOLF TOURNAMENT

## OVER \$62,000 RAISED



A huge thank you to everyone who played, donated, sponsored, volunteered and cheered us on—your support is helping us grow our program and continue the fight against Parkinson's. We couldn't have done it without you! See you on the course next year!





# IN THE NEWS

## NORTH CAROLINA



## WATCH THE FULL STORY HERE

“Parkinson’s patients regain  
strength and confidence at  
Novant Health class”



Scan Me!



# LOOKING AHEAD: WHAT'S NEXT?

**OCTOBER 7** – Beat PD Buddies Online Support Group

**OCTOBER 7** – BOD Meeting 7 PM

**OCTOBER 18** – Moving Day – New Britain, CT

**OCTOBER 25** – Moving Day – Raleigh, NC

**OCTOBER 29** – Michelle's Power Hour

**OCTOBER** – Giving Tuesday Campaign Begins

**NOVEMBER 4** – Beat PD Buddies & Board Meeting

**MAY 2026** – NC 5K Road Race

## CHALLENGE OF THE MONTH

This October, we're inviting our entire Beat PD Today community to get moving and join our **"Harvest Your Steps" Walking Challenge!** Whether you're walking indoors, outside, or anywhere in between, every step counts toward your health—and some fun! Find a friend, enjoy the outdoors, or bring your pet! Let's see how many steps we can harvest together this fall! Trainers & staff are participating too!

## OCTOBER MOVEMENT IDEAS

### 1. Take a Pumpkin Walk

Step outside and enjoy the crisp fall air! Whether you're walking around your neighborhood to admire the leaves or carrying a small pumpkin from the garden, every step helps with balance, coordination, and mood.

### 2. Leaf Pile Lunges

Rake some autumn leaves into a pile and have fun stepping in and out, bending gently to scoop or toss them. This activity strengthens your legs and improves flexibility—all while enjoying the sights and smells of fall!

### 3. Crisp Air Strolls

Take short, mindful walks outside to soak up the season. Focus on steady, purposeful steps and deep breaths. The cooler weather and colorful surroundings can make walking more enjoyable and give your mind and body a refreshing boost.





# WORKOUT WALL

