



Beat PD Today Newsletter

July 2020



Couch Chats and Buddy List

Need someone to talk to? Get added to our Buddy List that has over 50 people with Parkinson's to talk to when you need someone to listen who understands what you are going through. Couch Chats are on Zoom every other Wednesday at 10am.

See the web-site for upcoming topic dates. Topics include Speech Therapy, Clinical Trials, Back to Live Classes, and more!

Live Streaming Beat PD Classes Expand!

Have you tried a virtual class yet? If not, do not wait any longer. Your health depends on exercise. Try a class for free or just observe one. We have 3 levels of classes 6 days a week. Go to our website to see the schedule and call us to register.

Beat PD Equipment Bag Fundraiser

Having your own equipment is the way of the future. Whether you take "live" classes or virtual, it will be much safer to use your own dumbbells, jump rope, boxing gloves, etc. Beat PD has created a list of equipment suggestions for you. Click the link below for the list. Then purchase a Beat PD Gym bag to carry your equipment to your next workout. There are a **limited number of gym bags available, so order soon. Cost is \$40 delivery not included. Please call or email to purchase your bag now.**

Please call (860) 918-9594 or email inquire@beatpdtoday.com **Equipment List**
[Click Here](#)

[Click Here](#) to order and more details.



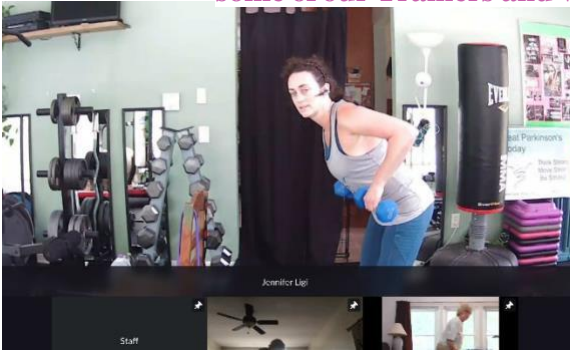
Personalized duffel bags. Manufactured with polycanvas materials that ensure long lasting durability, our monogrammed bags feature spacious zippered compartments, carrying handles, adjustable shoulder straps and a mesh front pocket for water bottles.

Meditation for PD Group Learns A lot

Last week, Beat PD presented a workshop on Meditation and how it can benefit people with Parkinson's. By meditating, you actually affect the chemical reactions in the brain. There are many forms of meditation and it is important to see which one fits you best. If you would like to see the presentation notes, please see our website.



Send us a picture of what you have been doing during **Covid-19**. Here are some of our Trainers and what they have been doing!



Trainer Jennifer has been teaching a lot of Beat PD classes from her beautiful home gym!



Trainer Vicki finds peace in her organic garden.



Three Generations happy at the beach!



Beat PDer's play virtual BINGO!