

MONTHLY MOMENTUM

BEAT PARKINSON'S TODAY



JULY 2025

MOMENTS THAT MATTERED

DUAL TASKING

ABC

This month, many of our workouts focused on dual tasking — combining movement with thinking, like saying the ABCs while lifting weights, counting backwards while marching in place, or doing jumping jacks while counting to 100. **Why?** Because research shows that dual tasking helps improve cognitive function, coordination, and balance in people with Parkinson's. It's not just about building muscle — it's about strengthening the brain too.

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!



COACHING PROGRAM

Be a coach today and make a difference—support someone as they begin their journey with our program! Visit our website to learn more and sign up to be a guiding hand in someone's Parkinson's wellness journey.



CHAMPIONS IN ACTION

Working out is even better when you've got spirit! This July, our members and trainers brought the energy for Spirit Month — from tropical shirts to wacky accessories, every week was a new theme. But don't be fooled by the fun — they still showed up and worked hard! Head to the last page of this newsletter to see more photos of our amazing community in action.



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

Mary Hoag

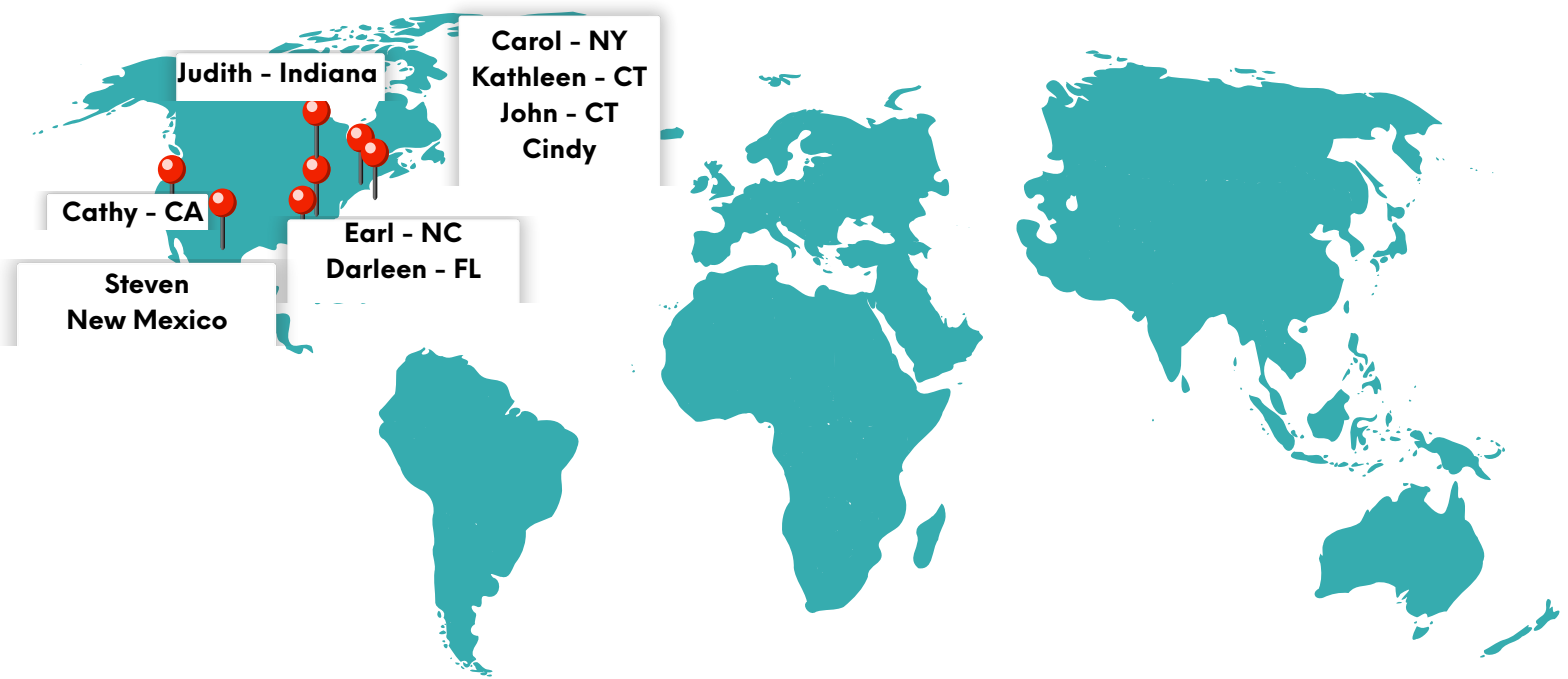
Betty Russ

Louise LaButis

Prasannan Parthasarathi



Check out the map below to see where our **9 newest members** joined us from—across the USA!



GOLF TOURNAMENT



Friday, September 19, 2025

Portland Golf Course

Portland, CT

HERE'S THE SCOOP:



**ONLY 15 SPOTS LEFT TO
GOLF! SIGN UP NOW!**



**WANT TO BE A SPONSOR?
CHECK OUT OUR
SPONSORSHIP PACKAGES!**



**DONATE ANY ITEM FOR
OUR RAFFLE OR SILENT
AUCTION!**



**LIVE IN CT?
VOLUNTEER YOUR TIME
FOR THE EVENT!**

**CELEBRATE NATIONAL GOLF MONTH BY SUPPORTING OUR
BIGGEST FUNDRAISER OF THE YEAR!**

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?

AUGUST - Fighters of the Month

AUGUST 5 - Beat PD Buddies Online Support Group

AUGUST 5 - BOD Meeting 7 PM

AUGUST 27 - Michelle's Power Hour

SEPTEMBER 2 - Beat PD Buddies Online Support Group

SEPTEMBER 19 - CT Golf Tournament

OCTOBER 18 - Moving Day - New Britain, CT

OCTOBER 25 - Moving Day - Raleigh, NC

MAY 2026 - NC 5K Road Race



TIP OF THE MONTH

Try incorporating dual-tasking into your daily activities—like walking while naming fruits, or practicing simple balance drills while counting backwards. Summer is a great time to train the brain while enjoying the season.

EVENT RECAP

Our Affiliate Program at Novant Health in North Carolina is growing fast! We're reaching more people in the Parkinson's community—and they're joining the fight to live stronger through movement. We're excited to continue this partnership and expand to even more Novant Health locations across the South.

Want to bring Beat Parkinson's Today to your community?

Become an affiliate and teach our proven program to people with Parkinson's in your area. Call us today to learn more!



NOVANT
HEALTH

WORKOUT WALL

