



Beat PD Today Newsletter



Christmas Eve-Eve Boxing Blast!

Are you ready for an intense boxing workout with great music and a room full of energy? Then join us for this awesome Christmas Eve Eve event! We'll provide healthy, holiday-themed energy bars and beverages after the workout.

The event is free to people with Parkinson's Disease and their guests. All participants are asked to bring a non-perishable food item for the local shelter.

Date: December 23, 3:00-4:30 pm

Location: PD Center of Connecticut, 102 Pitkin St., East Hartford

Space is limited and pre-registration is required. Please call (860) 906-1726 to register.

New Year's Eve Eve Boxing Blast and Meditation

Join us for an hour of intense boxing and then a relaxing 30-minute meditation and reflection on the new year, followed by a healthy light dinner. Jump start your healthy goals for 2020 and learn how to make them happen! The event is free to people with Parkinson's Disease and their guests. All participants are asked to bring a non-perishable food item for the local shelter.



Date: December 30, 4:00-5:30 pm

Location: PD Center of Connecticut, 102 Pitkin St., East Hartford

Space is limited and pre-registration is required. Please call (860) 906-1726 to register.

Beat PD Today Gives Back to You

As the year comes to a close, Beat PD is delivering on the promise we made at the beginning of 2019. We promised that all Beat PDers would directly benefit from any funds we raised, and we have done some great fundraising!

Our first Punch for Parkinson's event in New Britain was very successful. Many of you made generous personal donations, and we received donations from healthcare and pharmaceutical companies.

We are so grateful for the incredible people and organizations that help our program

continue to prosper and grow.



Thank You!

A portion of the donations are used for operating our exercise classes, and some help class participants who need financial assistance. Today we're excited to let you know that **every member of Beat PD will benefit from our fundraising** in two ways:

First, all members who are enrolled in the AA Membership (all inclusive) will pay **a new rate of \$90 per month** (a reduction of \$10). This new rate begins January 1, 2020.

Second, every member who is enrolled in a monthly payment will receive a **Beat PD Appreciation Gift** that has been specially chosen by your trainers. These gifts will be distributed in January.

These new rates and small gift are our way of thanking you -- we truly appreciate your dedication in class and your hard work helping us with fundraisers. As we close out 2019 and look forward to 2020, let's renew our promise and commitment to work together to fight this disease, one step (or punch!) at a time.

