



# Beat PD Today Newsletter



## Push-Ups for Parkinson's: 10-10-10 Challenge

On October 10 at 10:00 a.m., Beat PD Today clients and two local schools performed ten push-ups to help raise awareness of Parkinson's Disease. They also raised \$800 and donated it to Beat PD Today programs.

The 10-10-10 Challenge is a great way to raise awareness, strength and hope for Parkinson's Disease patients. More than 60 Beat PD class members and instructors participated and were entered into a raffle for a free massage. Congratulations to the raffle winner, Ida Mae Kelley from the East Windsor class.

A big thank you to Naubuc School in Glastonbury, who participated in the challenge and raised \$200 for Beat PD Today. Michael Dowling, the physical education teacher at Naubuc, led his students in this school-wide initiative. Thanks also to Center School in Ellington, where the push-up challenge raised \$600. Krista Hespeler organized the Ellington event, where students did ten push-ups together while the *Rocky* theme song played throughout the school. Krista said it was energizing to have 500 kids and teachers working toward one cause, while promoting strength and fitness for everyone. Visit the Beat PD Today [website](#) for a video of the Center School kids in action!

Jim Altman visited the Center during the event! Check out this [article and video segment](#) that aired on Fox 61!

Beat PD is grateful for all the support and would like to thank everyone who donated to these events. People with Parkinson's (PWP's) continue to hope for a cure and are trying to stay healthy until that day comes. Maybe next October 10, we'll have more schools participate!

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## **Inclement Weather: Class Cancellation Notification**

Winter weather is on its way! We don't want anyone driving on dangerous roads to get class. To be sure you have up-to-the-minute class cancellation information, please follow the steps below.



Every day, before you leave for class, go to [www.beatpdtoday.com](http://www.beatpdtoday.com). Closures and other important messages will be posted in **RED** on the home page. If a morning class is cancelled, the notice will be posted by 6:00 a.m. If an afternoon class is cancelled, the message will be posted by noon. **Please always check before you leave for class!**

Also note: The facilities where we have class are often closed if the schools in the town are closed, so be sure to check! Let's have a beautiful and safe winter weather season!



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## **Save the Date for the CAP Holiday Party!**

**December 7th from 12-2:00 pm**

Celebrate the season at the Parkinson's Center of Connecticut! CAP will be hosting a **holiday potluck and gift exchange**. Appetizers and drinks will be served at noon, with lunch at 1:00 and a gift exchange at 1:30. Please sign up at the front desk (102 Pitkin Street, East Hartford) or call 860-908-1726. [Click here](#) to view the invitation.