

PD INSIGHT

The Pulse of Parkinson's

DECEMBER 2024



GIVING TUESDAY 2024



THANK YOU!

Over the span of a few weeks leading up to Giving Tuesday on December 3rd, we raised over \$25,000! Details to come about how this money will be used to benefit our program and the Parkinson's community.

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GIVING TUESDAY

Thank you to this year's donors:

Sally Maher	William Blase	Aileen O'Neill-Owens
Richard Chizzonite	Michael J. McNamara	Margot Orkins
Chuck Bonner	Kathy Ellis	Scott McCarthy
John Clyma	Julia Bradford	Diane and Randy Rushin
Kevin Fennell	Geoff Woolery	Nancy Murphy
Michael Jagoe	Jane Tucker	Laurie Seidl
Ernie Marcus	Garrett Buckless	Kathleen Iannucci
Craig Thompson	Michelle Hespeler	Tom Macon
Liz Matthews	Tony & Diane Morianos	Heidi + Steve Kimball
Marie Parker	Laraine Pascale	Gale Morianos
Marty & Shari Hilmar	Betty Russ	Kelly & Mike Rubano
Mark & Beth Bauer	George Risley	Mark & Timothea Kimball
Jon Kimball	John Hlinko	Cate Brown
Kim Colburn	Bauer Parker	Jill Fayan
Laura Bellizzi	Kathleen Kniep	Kelly Clarke
Candy Bish	Jeff Kimball	Richard Gregg
Nancy Morse	Anthony Bellezza	Anna Iltis
Rita Donovan	Charles Schmidt	Prasannan Parthasarathi
Jim Gonzalez	Jane Politi	Donna Koropatkin
Guy Almeling	Anne Beauregard	Eileen DiLeo
Bill Evans	Laurel Gerhat	Leslie Chesnut
Jane Labbe	Eileen Powers	Kyle Hespeler
Predrag Jovanovic	Susan Husta	Shawn McGuill
Zane Ray	Traci Slot	Vicki Kulas
		The Robinson Fund
		Sue Carlson

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OUR SMALL VICTORIES



BEAT PD MEMBER

Go for a stroller
run with my
granddaughter

BEAT PD MEMBER

I won 3/4
games at
pickleball!

LET'S
CELEBRATE!

BEAT PD MEMBER

Did my every other day 2 mile jog that
BeatPD exercise has helped me build up to!

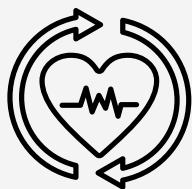
What's your small victory?

Email communications@beatpdtoday.com

DECEMBER MONTHLY FOCUS


Classes this month will be focused on **building endurance**.

Our workouts will focus on building endurance to improve your body's ability to sustain physical activity by **strengthening your cardiovascular system** and **enhancing muscular stamina**. Through consistent exercise, you boost energy, resilience, and overall health..




CALENDAR OF EVENTS

December 24	AM Classes Only
December 25	NO Classes
December 31	AM Classes Only
January 1	NO Classes
January 8	New Location, Wilmington, NC
April 2025	Parkinson's Awareness Month
April 11	Senior Wellness Symposium NC

Michelle Hespeler's  **BEAT PARKINSON'S TODAY** exercise is our medicine

Anytime Fitness
Wilmington, NC
5060 New Centre Drive, Suite 70


Exercise for people with Parkinson's
Backed by research at Yale
Join our team in a fun and invigorating class and live better every day


Scan here to register for a class! or go to www.beatpdtoday.com

Call 860-918-9594 ext. 3 for questions.

Day: Wednesdays
Time: 1 PM to 2 PM
Class Begins January 8th, 2025

Think Strong
Move Strong
Be Strong
Beat PD Today

 www.beatpdtoday.com

EMPOWER & ENGAGE

Senior Wellness & Parkinson's Health Symposium

APRIL 11TH, 2025
PLAZA ON PRINCESS
WILMINGTON, NC
1:00 PM - 5:00 PM

Attend, be a sponsor, volunteer, or present!
Registration & more details coming soon.

Contact
communications@beatpdtoday.com
for more information

BEAT PARKINSON'S TODAY
ONLINE APPAREL STORE

WWW.BEATPDTODAY.COM