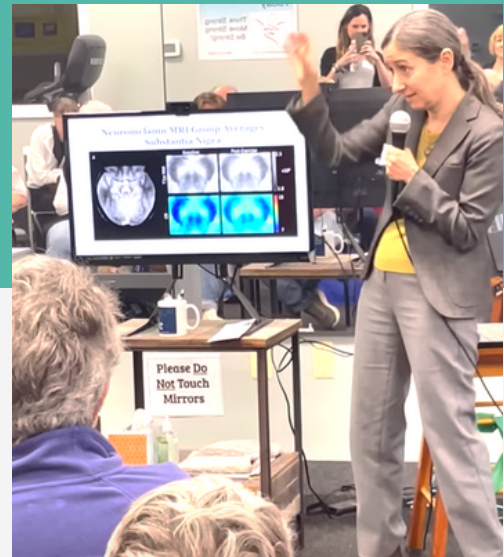


MAY 20, 2024

BEAT PARKINSON'S TODAY



DR. TINAZ FROM YALE SHARES NEWS ABOUT TRIAL

To celebrate April as Parkinson's Awareness month, Beat PD in East Hartford, CT hosted an educational event that was very well attended. Dr. Sule Tinaz, the Prime Investigator of the exercise trial, lead a great presentation that described the trial and its results. This is the first time imaging has been used to confirm that the biology of the brain in those with PD is changed with intense exercise performed in Beat PD classes.

Conclusion
High intensity exercise can reverse neurodegeneration .
Beat PD classes help symptoms and slow the progression.

GOLF FOR PARKINSON'S

Save the date! We need help getting sponsors, raffle prizes and golfers. Please contact the office to learn how you can be a part of this fun event or go to bpdgolf.com

**PORTLAND GOLF, PORTLAND, CT
FRIDAY- SEPTEMBER 20, 2024**

Other News:

- Some classes have time changes starting immediately. Please check the schedule.
- On Demand classes available to all Members. Go to your MindBody account and click on "Video Library".
- Please call the office with any questions and we will be happy to help you. Phone: 860.918.9594
- For more info on any topic, see the website.
- No classes on Memorial Day



Pre-registering for classes is necessary. This is the only way we can alert you of cancelations or time changes. Please register for every class you take.