



April Parkinson's Awareness Challenge

Beat Parkinson's Today, Inc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Every ____ minutes, someone in the US is diagnosed with PD. Click here for the answer.	2
3 Every story can make a Difference/ Read one.	4	5 Do this quick Boxing workout Boxing Sprint	6	7 Do as many steps as you can today. Record steps here _____.	8	9 What advice would you give to a newly diagnosed person.
10	11 Click here to learn how to sleep better.	12 Day Off !	13 Take a walk with someone and tell them one challenge about living with PD.	14	15 Be sure to exercise today!	16
17 Write down on a piece of paper how Parkinson's has made you a better person.	18	19 Take a walk with someone and tell them one challenge about living with PD.	20	21 Take an in person class today.	22	2 What fundraiser is BPD having on Sept 16, 2022? Click
24	25 Try a virtual class today.	26	27 On what date was Beat PD on the news last? Click here	28	29 Call a friend just to say Hello!	30