

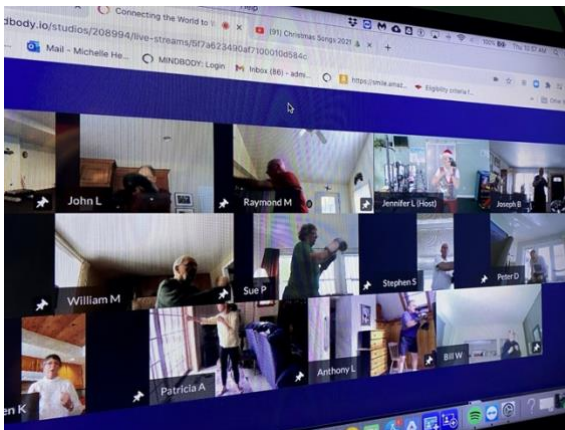


# Beat PD Today Newsletter

January 2021

## Virtual Classes Help You Stay Healthy at Home

Most of us are trying to stay home and dodge Covid. It has been a tough 10 months for many of us and we have been forced to change the way we live our daily lives. There has been some benefits to Beat PD since the pandemic shut our doors on March 13th. We have built a new platform to offer you classes. Many clients have found it convenient to walk to their living rooms, set up their Ipad and take a class. Some are taking more classes per week because it is so convenient. For those whom have not tried virtual classes, we encourage you to try a class. Learning the technology of streaming a "live" class is a bit tricky, but we will guide you through every step of the way. Please call the office or go to our web-site to sign up now.



## One Beat PDer Says He Gets His Money's Worth

Connecting with Beat PD has been terrific for me. The program was developed by people with PD for people with PD. They know how we feel and they know what we need. They have exercise programs for different abilities. The instructors are wonderful. They push you while allowing you to work on your level.



We need to stay active and Beat PD gives me opportunities almost every day. Exercise classes, yoga in your chair, and a couch chat are just some of the options. I pay a modest monthly fee and boy do I get my money's worth.

I recommend Beat PD to any family affected by this terrible disease.

Pete DiLeo



## What's Up, Beat PD?

- **FREE CLASSES!** United Healthcare is teaming up with Beat PD with the ReNew Active Program. Members that have this insurance will get a Free Membership to all of our classes. Please click here for more details.



- **Yale Clinical Trial** - High Intensity Exercise and Parkinson's- Beat PD is partnering with Yale for this study. Thirteen new Beat PDer's will be a part of this 6 month study. This study is ground breaking because this will be the first time that PET scans of the brain before and after the exercise will be done. These scans will show physical changes in the brain due to exercise. Beat PD is proud to be a part of this study and look forward to see the results. We are still looking for participants for the study. If you know anyone with PD that may be interested, please contact Beat PD. Participants must be new to Beat PD and able to exercise at a high intensity.
- **New Board of Directors**- In December, a new Board of Directors was elected. Beat PD welcomes them to our community and look forward to their guidance in 2021. See our website to learn about our Board members.
- Do you have ideas or suggestions to make Beat PD better? We are proud to introduce Larry Orkins as our new Patient Advocate. Please contact Larry with any concerns or feedback on any of our programs. Click here to read [Larry's introduction](#).
- **Couch Chat**-1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. Share, listen, and learn with other PWP's on a Zoom call.
- **Tai Chi**- Wednesdays in January at 1pm. Please contact the office to register.
- **Yoga**- great classes specific for Parkinson's. All levels welcome-floor or chair is optional.
- What is happening to my body? Beat PD Members will now have access to some great **educational resources** to understand why their movement is compromised and how to improve movement and live healthier lives. See web-site for details.
- **Support Group**- 2<sup>nd</sup> Saturday of each month at 11:30am. Please go to the web-site for topics of meetings.

Beat Parkinson's Today ~ [www.beatpdtoday.com](http://www.beatpdtoday.com) ~ 860-918-9594



