

JUNE 30



What's the difference between roast beef and pea soup?

You can roast beef, but you can't pee soup!

PARKINSON'S DISEASE

“
 “Do not confuse my bad days
 as a sign of weakness. Those
 are actually the days I'm
 fighting my hardest.”
 ”

EXERCISE IS MEDICINE

Class Recordings:

HKC Strength Class

<https://youtu.be/jYxT5kXn-Jg>

HKC Parkinson's Fitness Class

https://youtu.be/RKTjT_7MChg

I don't have any choice whether or not I have Parkinson's, but surrounding that non-choice is a million other choices that I can make.

-Michael J. Fox

10 FOODS THAT LOOK JUST LIKE THE BODY PARTS THEY'RE GOOD FOR!

WWW.LIVELOVEFRUIT.COM



CARROTS → THE EYE



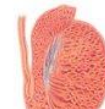
WALNUTS → THE BRAIN



GINGER → THE STOMACH



FIGS → THE TESTES



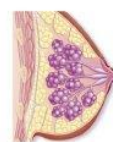
TOMATOES → THE HEART



KIDNEY BEANS → THE KIDNEYS



CITRUS → THE BREAST



GRAPES → THE LUNGS



SWEET POTATOES → THE PANCREAS



AVOCADOES → THE UTERUS



Sleep & Rest

It's Important!

Nearly a third of our lifetime is spent asleep, and during this critical window the brain is hard at work disposing of toxic byproducts that have accumulated throughout the day...

When you click the link below, you'll learn more about the importance of quality sleep for those diagnosed with Parkinson's, as well as tips for getting a good night's sleep and more!

<https://www.bridgesforparkinsons.com/post/june-sleep-and-rest>



COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

<https://us02web.zoom.us/j/81028088770>

~Saturday 11am Hamil-Kerr Parkinson's Fitness with RSB Certified Coach, Betsy (zoom)

<https://us02web.zoom.us/j/81028088770>

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

<https://us02web.zoom.us/j/81028088770>

~Thursday, 12pm In Person PD Spin, Spears YMCA

~**YMCA of Highpoint - In-person Parkinson's Spin Class**

Tuesday and Thursday - 12:00-1:00

Contact Betsy Richter, Aquatics and Wellness Director, with questions, 336.882.4126

~**Ragsdale YMCA- In-person Parkinson's Spin Class**

Tuesday and Thursday- 10:15

~ [Rock Steady Boxing - Greensboro \(in person\)](#)

~[Rock Steady Boxing of Archdale \(in person\)](#)

~[A.C.T. By Prince Deese](#)

~For information on in-person 1:1 training in your home, contact Alesia Pendleton

pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)-

Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](http://LiveWellwithParkinsons.com)

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

And of course, reach out to me anytime.

Yours, Coach B



Rock Steady Boxing Certified Coach

Certified Parkinson's Disease Fitness Specialist

ISSA Certified Personal Trainer

A stylized American flag with a starburst effect, where the stars and stripes radiate from a central point, creating a dynamic, energetic look. The colors are vibrant red, white, and blue.

Happy
4th of July!