



FOUNDATION  
for Parkinson's  
*Empowering people to move*



**JULY 28**

Where did Captain Hook get his hook?  
From the secondhand store!

**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**

Click the icon for a kick-butt workout  
with Coach Betsy:

**HKC Strength Class**



**HKC Parkinson's Fitness Class**



Everyone living  
with Parkinson's  
has different  
symptoms –  
  
none look the  
same.

# Shhhhh.....

Rarely do we hear people openly discuss their acute and/or chronic psychiatric issues. If we have cancer, diabetes, a broken leg, Parkinson's, would we be so hush hush about it? I don't think so. So, why if our soul is broken, do we keep that a secret?

PD leads to motor symptoms which include slow movements, freezing of gait, tremors, rigidity and loss of voice, among others. We SEE these symptoms and are prescribed synthetic dopamine to address these motor symptoms. But, did you know that there are other **symptoms of PD that are more mental and emotional?** Learn more about the importance of *taking care of your mind* as well as your body by clicking the link below.

<https://www.bridgesforparkinsons.com/post/may-series-mental-health-awareness-month-psychiatric-issues>

## Just so you know:

The FDA is reviewing Four New Parkinson's Medications in 2024.

Read the full article here: <https://www.michaeljfox.org/news/fda-reviewing-four-new-parkinsons-medications-2024>



### Where are Mike and Alesia?

These two take such good care of our Parkinson's community and their loved ones, they deserve a trip to...

can you guess?

# 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

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

Tuesday and Thursday- 12:00-1:00

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

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

Tuesday and Thursday- 10:15

~**TAI CHI at Rehab Without Walls- 4008 Mendenhall Oaks Pkwy STE 101, High Point**

Wednesdays- 4:00pm

~ [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](mailto: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](http://www.michaeljfox.org)

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](http://LiveWellwithParkinsonsTODAY-DavisPhinneyFoundation)

~Parkinson's & Movement Disorders Alliance: [www.pmdalliance.org](http://www.pmdalliance.org)

~Parkinson's Association of the Carolinas: [www.parkinsonassociation.org](http://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***

