

AUGUST 11

An invisible man and invisible woman got married.
Their child was nothing to look at!

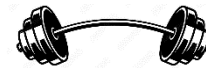
PARKINSON'S DISEASE

“
“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



Let's talk about Weight

Hi folks! Let's talk about weight / weight management when it comes to Parkinson's. Kristy Ramsey, Occupation Therapist, looks at Parkinson's and how it may affect your weight.

[Weight Management - Part 1](#)

[Weight Management - Part 2](#)

SAVE THE DATES



Events located at Jamestown Presbyterian Church
1804 Guilford College Rd, Jamestown, NC 27282

Learn more about our events contact:
Alesia at 336-365-2745
alesia@hamilkerrchallenge.com

SAVE THE DATES

PD Gathering	January 20, 2024
In-Person Support Group	February 18, 2024
In-Person Support Group	March 10, 2024
HKC Annual Bike, Run, Walk Fundraiser.....	April 6, 2024
In-Person Support Group	May 5, 2024
In-Person Support Group	June 9, 2024
PD Gathering	July 20, 2024
In-Person Support Group	August 11, 2024
In-Person Support Group	September 8, 2024
Punch Out Parkinson's Fundraiser.....	September 21, 2024
PD Gathering	October 19, 2024
In-Person Support Group	November 17, 2024
In-Person Support Group	December 8, 2024
In-Person Support Group	December 8, 2024

With Parkinson's

my life may be changing
but that doesn't mean it's over.

I just have new norms,
new ways of doing things.

Parkinson's likes to make things challenging.
That's okay. I enjoy a good challenge!

You don't play fair, Mr. Parkinson.
I won't go down without a fight,
so bring it on.

I'm ready for you!



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

~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://LiveWellwithParkinsonsTODAY-DavisPhinneyFoundation)

~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

