

## What do cows read? “Moo”vie Magazines!

### PARKINSON'S DISEASE

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

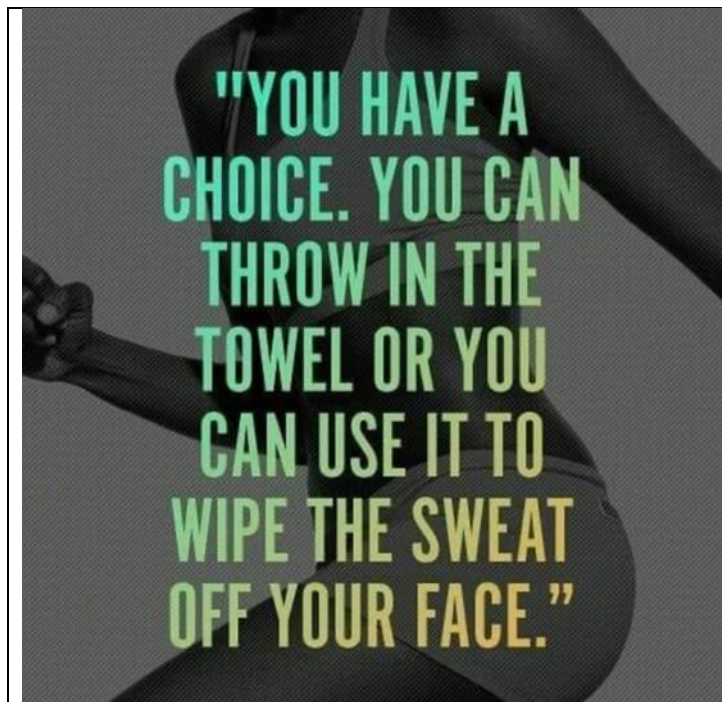
### EXERCISE IS MEDICINE

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

**HKC Strength Class**



**HKC Parkinson's Fitness Class**



MJF most definitely didn't throw in the towel. Check out this interview with Fox, watch the movie trailer of his documentary "Still," and THEN watch the movie.

[Michael J. Fox tells story of his career and living with Parkinson's in new documentary \(youtube.com\)](#)

Check out movie trailer [STILL: A Michael J. Fox Movie — Official Trailer | Apple TV+ \(youtube.com\)](#)

This movie is streaming on Apple+ tv. It's worth getting a trial subscription just to watch the movie - Still is now streaming on Apple TV+ [https://apple.co/\\_Still](https://apple.co/_Still)

# The Brain and Feet

Let's look at the body from the brain down to the feet.

## Focused Ultrasound

What is Focus Ultrasound?

What Parkinson's symptoms does Focus Ultrasound address?

How is Focus Ultrasound performed?

If you are interested in Focus Ultrasound helping reduce certain Parkinson's symptoms, what do you do?

**After you look at thoroughly read this offering from the Focus Ultrasound Foundation, prepare your questions and we'll discuss during next Saturday's class.**

## Shaping of the human foot

Learn about your feet ...

What are all the parts that make up the foot – every little, itty bitty part?

How to use the foot to enhance your gait, strengthen your stride?

What are potential injuries your feet can experience and what to do to avoid such injuries?

Hamil-Kerr offer in-person support groups, but if you are unable to attend these meetings, check out the below information. There is always a support group no matter where you live or your situation.

## Homepage | Parkinson's Foundation

Click on In Your Area (top right of the screen)

Fill in zip code / radius - search -- a list of chapters will appear on the screen

Click on website associated with your respective chapter

Click on Local Resources (left side of the screen)

Click on "Support Groups in ..."

VOILA - YOU WILL GET A LIST SUPPORT GROUPS!!!

# 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](#)

~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)

~Michael J Fox Foundation: [www.michaeljfox.org](http://www.michaeljfox.org)

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~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**

