

Sept. 1

Why aren't Teddy Bears ever hungry?
They are always "stuffed!"

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



Check out Betsy's
new 5 minute exercise!
Grab a small ball, click the 'ball'
icon, and get ready for a fun new
workout!



[Actor Ryan Reynolds talks about his father's Parkinson's what being a caregiver for someone living with Parkinson's.](#)



New Treatment Options

*New Parkinson's treatment helps former
Pro keep Skateboarding!*

UCSF Parkinson's Treatment

Ultrasound Options

Focused Ultrasound Davis Phinney on Focused Ultrasound

Patient's experience with Focused Ultrasound and Essential Tremor

Seb Zewdie is a former Olympic boxer and coach, from Addis Ababa, Ethiopia. Seb was a member of the 1984 Olympic Boxing team, a coach in the 2008 Olympics, and an Olympic trials coach in 2008. He is an AIBA and USA Boxing Certified Boxing Coach. Seb joined Rock Steady in 2019, and will be joining us on

Sept 21, 2024 for

PUNCH OUT PARKINSON'S



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

~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



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