Please join the Parkinson’s Foundation for GOOD VIBRATIONS: A Night of Comedy and Inspiration
Saturday March 23rd, 2019
visit www.laugh4parkinsons.org

Our spring special event is now just 5 weeks away! Get your tickets today before they sell out and help support our local programs here in Georgia. Read on for more information about upcoming events and fitness network updates. We look forward to a fantastic 2019!

Come Laugh with Us on March 23
Tickets are now on sale for Good Vibrations: A Night of Comedy and Inspiration at Monday Night Brewing's Garage on Saturday, March 23 (4:30-7:30 p.m.) Last year's event sold out so don't miss your chance to get tickets! The show will feature comedian Max Fine, a fantastic silent auction (including a trip to St. Croix, artwork, gift cards to your favorite restaurants and more)!

RSVP for the Spring Educational Program

Join us on April 14 for this free educational event and learn more about complementary therapies and how they can help manage Parkinson's symptoms. Christina L. Vaughan, MD, MHS will discuss the potential for cannabis-based products to treat PD. You will also learn more about other therapies including acupuncture and massage!

Gladiator of the Year Nominations - Due Feb. 18
The Paul Delgado Gladiator of the Year Award is granted annually to a person living with Parkinson's disease who has combated PD with hard work, dedication and perseverance—traits exhibited by Paul Delgado, the founder of the LDBF Boxing Training for PD program -- the first program in the PD Gladiators Fitness Network. Nominate a fellow Gladiator today!

PD Gladiators Fitness Network Updates

PD Gladiators Fitness Network instructor Wendy Haggerty now teaches Gentle Yoga at the Ed Isakson Family YMCA. This class is led from a chair and includes postures, breathing techniques, meditation and relaxation. While the majority of the class is seated, standing postures to build strength and balance are included (but can be modified). No experience is necessary!

Become an Exercise Ambassador
Our Clinical Outreach Committee is looking for volunteers to help reach every metro Atlanta neurologist, encouraging them to prescribe exercise to their patients and refer them to physical therapy and our fitness network programs. Getting involved can be as simple as taking information to your next neurology appointment!

Information and Resources

Please visit our website at Parkinson.org/Georgia to learn more about our PD Gladiators Fitness Network and Programs. You can also download our most recent year-end publication that highlights what we've been working on and what to expect in 2019. We look forward to a great year!

Questions? Call our Helpline: 1-800-4PD-INFO (473-4636)