2019 is in full swing! We hope you are as committed as we are to fighting PD and doing whatever we can to stay active and healthy -- and to fight like a Gladiator! Please read on to learn more about what's going on in Georgia with the Parkinson's Foundation and how you can get more involved!
Caregiver Spotlight: Jackie and John Tabellione

How did you get involved with the PD Gladiators Fitness Network? [John] Jackie’s neurologist (Dr. Barry McCasland) recommended she participate in the PD Gladiators Fitness Network and within a couple of weeks of her diagnosis we became very actively involved. Not only do we believe that the boxing program has been beneficial for Jackie’s symptoms and my physical conditioning, but also the group support and friendships at the LDBF Boxing training for PD classes have been unexpected blessings that we wish to share with our boxing partners.

Laughter is the Best Medicine

Tickets are now on sale for the 2nd annual "Good Vibrations: A Night of Comedy and Inspiration" taking place on Saturday, March 23, 2019, from 4:30-7:30 p.m. at Monday Night Brewing's Garage. Featuring comedian Max Fine (son of PwP Marc Fine), we look forward to a night of comedy, music, food and fun. Together, let's deliver a knockout punch to Parkinson's!
YMCA - No Joining Fees in January - Save up to $100

Kick-start your 2019 commitment to exercise and join a local YMCA Metro Atlanta branch. Now through January 31, you can join for free (savings of up to $100). Learn more about our YMCA Parkinson's programs, participating branches and schedule and learn how you can get a reduced membership rate through the PD Gladiators Fitness Network.

PD Gladiators Fitness Network Updates

Optimizing Exercise for PD is now offered in Sandy Springs the 1st & 3rd Mondays of the month from 11 a.m.-12:15 p.m. This low-impact recovery class is designed to help people with PD improve self-awareness and learn how to effectively and safely execute mobility, balance and strength activities. LDBF has also added a
Tuesday morning boxing class from 11 a.m.-12:15 p.m. Stay tuned for new program details!

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**Follow Us on Social Media - Win Prizes!**

Last week we launched a social media campaign to increase awareness of the benefits of exercise for PD and encourage people to get involved in the PD Gladiators Fitness Network. Follow us on [Facebook](#) and [Instagram](#) this month for exercise tips, inspirational success stories, free giveaways and more. Like and/or comment on a Friday post and you will be entered into a weekly raffle!

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**Save the Date: April 14 Educational Symposium**

Save the date for our next free educational symposium on Sunday, April 14, 2019, at the Marcus Jewish Community Center of Atlanta (MJCCA). Christina L. Vaughan, MD, MHS, Assistant Professor of Neurology at the University of Colorado will explore the potential for cannabis-based products to treat PD. We
will also learn more about complementary therapies like yoga therapy, massage and more!

Information and Resources

Please visit our website at [Parkinson.org/Georgia](http://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)