Subject: Parkinson's Foundation Georgia July Newsletter: New Boxing Programs at the Y, Upcoming Events and More!

Dear Annie,

Thank you for subscribing to receive updates from the Parkinson's Foundation Georgia chapter. We've been working on a lot of exciting things and can't wait to see you at an upcoming event or PD Gladiators Fitness Network class. Read on for information about new fitness programs, valuable Parkinson's Foundation resources and upcoming events. Have a wonderful weekend!
NEW Boxing for PD Programs at the YMCA!

The Parkinson’s Foundation is honored to award a Community Grant to the YMCA of Metro Atlanta in support of a new Boxing for Parkinson’s program. Instructors will receive training on the Livramento Delgado Boxing Foundation's Boxing for Parkinson's program (pictured to the left). Following the training next month, boxing classes will launch by the fall at the following branches and will be open to YMCA members: Forsyth County Family YMCA (Cumming), Summit Family YMCA (Newnan), Ed Isakson/Alpharetta Family YMCA (Alpharetta), JM Tull-Gwinnett Family YMCA (Lawrenceville) and the Northwest Family YMCA (Kennesaw). Stay tuned for more information on the official program launch! Click the link below for more information on joining the YMCA.

GET INFO

2019-2020 PD Expert Briefing Series Announced

We are thrilled to announce that the topics for the next PD Expert Briefing webinar series have been selected! With our updated zoom platform, you now have the...
opportunity to register for all Expert Briefings at once. The webinar series kicks off with "Communication Strategies for Optimal Success" on Tuesday, September 17, 2019, presented by Angela Roberts, Ph.D.

REGISTER

Meet Our Newest Personal Trainer Mark Bodnar

Please help us welcome the newest member of our PD Gladiators Fitness Network family - personal (and group) trainer Mark Bodnar. As an ACSM Certified Exercise Physiologist as well as an Iyengar Certified yoga instructor, Mark has been an adjunct professor in the Exercise Science Department at Georgia State University since January of 2015 and has taught yoga in the Atlanta area for over 17 years. “One of the things that I do on a regular basis is to get people to step outside of their comfort zone and to encourage them to do things of which they did not think they were capable. Step by step, we break down the process of making the seemingly impossible a reality. It is highly rewarding to teach people how to help themselves and witness the transformation and development of self-confidence that takes place as the result of their own efforts.”

MEET MARK
A Note from Our Advisory Board Leader Paul

You may have asked yourself what else can you do to support our cause – you might give some thought to becoming a volunteer leader for the Foundation! Whether you are a person with Parkinson’s, a caregiver or friend, becoming a volunteer can be life-changing. We are currently seeking to fill several positions on our local Advisory Board and need volunteers to support our projects and programs throughout the year. You don’t need any special skills! All you need to do is let us know how you’d like to help. Please consider this great opportunity and contact me to discuss how we can put your talents to work.

EMAIL PAUL

What's Ahead in Georgia

In addition to managing the PD Gladiators Fitness Network, we look forward to bringing you exciting programs this summer and fall in and around metro Atlanta. Check out what's coming up and mark your calendar!

August 24: "Women and PD: Closing the Gender Gap"
Men and women experience Parkinson’s disease differently, as it relates to their symptoms, medications, medical care and support services. The Parkinson’s Foundation is shedding light on and finding solutions for women-specific issues to help improve the health and well-being of women with PD. Join us for this important event for women with Parkinson’s, their families, friends, spouses or support persons.

Where: Heritage Sandy Springs (6110 Blue Stone Rd, Sandy Springs, GA 30328)

When: Saturday, August 24, 2019, 9:30 a.m.-1:00 p.m.

RSVP Here

October 19: Moving Day Atlanta - A Walk for Parkinson’s

Moving Day Atlanta is our annual fundraising walk event. It is a fun and inspiring fundraising event that unites families, friends and communities both large and small in the fight against Parkinson’s disease. Register your walk team today at www.movingdayatlanta.org.

Where: Piedmont Park Promenade

When: Saturday, October 19, 2019, 9 a.m.-12 p.m.

Register today: www.movingdayatlanta.org

November 1: "Let’s Talk About It: Symptoms Beneath the Surface"

There are many non-motor challenges associated with Parkinson’s disease that can affect not only the person with Parkinson’s, but also
their care partners, families and friends. This program will provide participants with information on topics that are not always easy to discuss. From intimacy to impulse control disorders and constipation, this program will address the realities of these difficult topics and provide strategies and tools for coping as well as talking about them with healthcare providers and loved ones.

Where: Flat Creek Country Club (100 Flat Creek Rd, Peachtree City, GA 30269)

When: Friday, November 1, 2019, 9 a.m.-12 p.m.

RSVP Here

December 7: Caregiver Appreciation Event

We look forward to celebrating our caregivers with this special event that will feature a film screening and expert in the field of positive psychology. You are guaranteed to leave this event with tools for positivity and happiness. Save the date and stay tuned for details!

We look forward to seeing you at a fitness class or event soon. In the meantime, if you are interested in ordering free Parkinson's Foundation resources or have questions about Parkinson's disease, please contact our toll-free Helpline at 1-800-4PD-INFO (473-4636). For questions related to local programs and the PD Gladiators Fitness Network, please call 770-450-0792.

Sincerely,

Your Parkinson's Foundation Georgia Team
Parkinson.org/Georgia

Georgia.info@Parkinson.org

770-450-0792

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