Dear Annie,

Summer is here which means hot days, lots of sunscreen and plenty of fluids. While summer can be a time to vacation and travel, we encourage our PD Gladiators to keep working hard to fight back against
Parkinson's. Read on for more information about summer safety, upcoming events and local programs that received funding through our Community Grants Program here in Georgia. Thank you for your support!

**Women and PD Program: August 24 in Sandy Springs**

Please join us on Saturday, August 24, 2019, in Sandy Springs for this free educational event for women with PD, their families, friends, spouses, care partners and support persons. Together, we will take a look at how men and women experience Parkinson’s disease differently, as it relates to their symptoms, medications, medical care and support services. Did you know that the Parkinson's Foundation led the first effort to address gender disparities in PD research and care? [Learn more about this important national initiative and RSVP below.](#)

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**Summer Safety Tips**

Being outdoors has so many benefits, including the mood-bosting effects of a hormone called Serotonin - thought to be released when we are exposed to sunlight - as well as improved sleep, stronger bones and more. So don't run from the sun but stay safe while you are out and about! Melanoma has been
found to develop more often in people with PD so take time to learn how to spot melanoma and preventative measures you can take. Read on for more sun safety and travel tips as you prepare for your next vacation!

Community Grants Awarded in Georgia

In April, the Parkinson's Foundation distributed $1.5 million through 111 community-based grants that further the health, wellness and education of people with PD. The following organizations in Georgia received grants and will be hosting local programs: The George Center Foundation (Singing with Parkinson's), Marcus Jewish Community Center of Atlanta (Living Well with Parkinson's), YMCA of Metro Atlanta (Boxing Programs), Emory University (DREAM On: Accessible health and research education for diverse people with Parkinson's) and Emory University (Community Conversations with Emory Parkinson's Disease Researchers).
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. Please mark your calendar and stay tuned for registration information!

**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](#)

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](#)

[Georgiainfo@Parkinson.org](#)

770-450-0792