

PD INSIGHT

The Pulse of Parkinson's

FEBRUARY 2025



♥ SPREAD THE LOVE! ♥

give a little
love a lot

BEAT PARKINSON'S TODAY

Show your care with the gift of strength and support! Purchase an **eGift card** for a loved one to take a Beat Parkinson's Today exercise class.

Empower them to move, grow, and thrive!

Visit **www.beatpdtoday.com** to purchase an eGift card today and make a difference in their journey.

 [CLICK HERE TO PURCHASE!](#)

Buy your loved one some Beat PD Today gear! Visit the store on our website!



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♥ KINDESS IN MOTION ♥

KINDNESS IN MOTION CHALLENGE FEBRUARY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Give yourself a compliment in the mirror! 1
Drink 5 cups of water today 2	Take a 10 minute walk to enjoy the fresh air! 3	Attend the Beat PD online support group 4	Get at least 7 hours of sleep tonight 5	Take 5 deep belly breaths to control breathing 6	Stretch for 5 minutes right when you wake up! 7	Tidy up or organize a small space in your house 8
Call or text a friend or family member to check in. 9	Say hi to a new Beat PDer in class 10	Compliment or thank your trainer! 11	Celebrate another Beat PDer's achievement with them! 12	Check out our website & learn something new about the program! 13	Give yourself a compliment in the mirror! Happy VDay! ♥ 14	Walk around your house for 5 mins with big arm swings 15
Stand tall today! Proud & shoulders back! 16	Read more about the Yale Study - maybe sign up to participate? 17	Try a new exercise from class on your own time 18	Increase your weight or do one more rep in class! 19	Practice moving your neck from side to side 20	Clap your hands overhead 15 times 21	Share a favorite recipe with a friend 22
Sign up for one extra Beat PD class this week 23	Tell someone you love them 24	Avoid screens 30 minutes before bedtime 25	Try a new fruit, veggie, or healthy food. 26	Meditate or deep breathe to start your day 27	Reflect on the top 3 things you crushed this month! 28	

This February, we're spreading kindness to ourselves and others with daily fitness, wellness, and connection challenges. Print out the attached calendar, hang it on your fridge, and cross off each day as you complete it! Invite a loved one to join you—kindness grows when we share it!

Let's show our bodies and minds some love this month, one small step at a time.

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BEAT PD BUDDIES

Beat PD Buddies, formerly known as Eco Buddies, is an online support group **FREE for all Beat PD members!**

Each month, join our Program Director, Courtney, and other members to discuss wellness topics, chat with each other, and make new connections.

For more information, email inquire@beatpdtoday.com

BEAT PD BUDDIES

First Tuesday of Every Month

3:00 PM to 4:00 PM

JANUARY 7
FEBRUARY 4
MARCH 4
APRIL 1

- Online Support Group
- Build a community
- Discuss holistic wellness topics

INFO

Contact inquire@beatpdtoday.com to sign up today!

The logo for Beat Parkinson's Today, featuring a stylized figure in motion and the text "BEAT PARKINSON'S TODAY".

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ENGAGE & EMPOWER

Senior Wellness & Parkinson's Health Symposium

Join us in North Carolina as an attendee, volunteer, or sponsor!

Visit www.beatpdtoday.com/symposium for more details.

ENGAGE & EMPOWER

SENIOR WELLNESS

PARKINSON'S HEALTH

SYMPOSIUM

An educational event to provide valuable resources to the Parkinson's and senior community.

- Friday, April 11th
- 1:00 PM - 5:00 PM
- Plaza on Princess
410 Princess St.
Wilmington, NC

REGISTER TODAY!

FREE ENTRY!
EARLY BIRD BY MARCH
1ST RECEIVES GIFT!

A FEATURED KEYNOTE SPEAKER



WWW.BEATPDTODAY.COM



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MICHELLE'S JANUARY VICTORIES



#1

She celebrated her 58th birthday!

#2

She survived a snowstorm in North Carolina

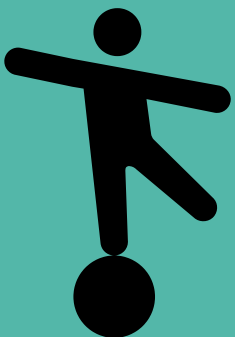
#3

She now likes to cold plunge to help with inflammation & her breathing



#4

She can broad jump the FARTHEST she's ever been able to!






FEBRUARY MONTHLY FOCUS

Dynamic balance helps people with Parkinson's by improving their ability to maintain stability while moving, which reduces the risk of falls and enhances mobility.

MAINTAIN
BALANCE

CALENDAR OF EVENTS


- March 4 Beat PD Buddies
- April 1 Beat PD Buddies
- April 11 NC Symposium
- April 2025 Parkinson's Awareness Month

Michelle Hespeler's   

Anytime Fitness
Wilmington, NC
5060 New Centre Drive, Suite 70

Exercise class for people with Parkinson's
Backed by research at Yale
Tuesdays: 1pm-2pm

Join our team in this fun and invigorating class to feel better everyday. All people with Parkinson's are welcome.
Call now 860-918-9594 or register at www.beatpdtoday.com

Think Strong
Love Strong
Age Strong
Beat PD Today 

**BEAT PARKINSON'S TODAY
ONLINE APPAREL STORE**

WWW.BEATPDTODAY.COM

Go to www.beatpdtoday.com to get more information on all of these programs

EMPOWER & ENGAGE

Senior Wellness & Parkinson's Health Symposium

APRIL 11TH, 2025
PLAZA ON PRINCESS
WILMINGTON, NC
1:00 PM - 5:00 PM

Attend, be a sponsor, volunteer, or present!
Registration & more details coming soon.

Contact communications@beatpdtoday.com for more information