

PD
INSIGHT
The Pulse of Parkinson's

MARCH 2025



BE A PREMIUM MEMBER!

**PREMIUM MEMBER
BENEFITS**

- **Unlimited Classes**
- **Auto pay each month**
- **25% Store Discount**
- **Physical assessment upon request**
- **Consultations upon request**
- **Free access to all events**
- **Milestone Beat PD merchandise**



WWW.BEATPDTODAY.COM/MEMBERSHIPS

We can't wait for you to be a part of our premium team!

PD INSIGHT

The Pulse of Parkinson's

MARCH 2025



YALE UNIVERSITY CLINICAL STUDY

Beat Parkinson's Today is working with Yale University to prove the benefits of high intensity exercise for people with Parkinson's.

Do you have Parkinson's disease?

ACKNOWLEDGED BY THE YALE IRB 2/4/2025

Effects of High-Intensity Exercise on Cognitive Functioning in Parkinson's Disease: A Pilot Trial

If you have Parkinson's disease, are 40+ years of age, fluent in English, and able to pass an MRI metal screening (*optional*), you may be eligible to participate in a *free and confidential* trial that will help us understand the potential cognitive and brain benefits of high-intensity exercise in Parkinson's disease. You may choose to be in the exercise group and take the **Beat Parkinson's Today** exercise classes or in the standard-of-care group.

The study involves cognitive assessments conducted via Zoom and completion of online surveys at baseline, 3 months, and 6 months. You may also choose to participate in *optional* MRI scans at Yale at baseline and 3 months. To learn more or see if you are eligible to participate, email cognitive@yale.edu or call (203) 785-6894.

ACKNOWLEDGED BY THE YALE IRB 2/4/2025

PD INSIGHT

The Pulse of Parkinson's

MARCH 2025



MONTHLY CHALLENGE

PARKINSON'S POWER BRACKET

March Madness Style Fitness Challenge! When in class this month, trainers will have you practice these moves. As a class, you will together decide which exercise you enjoy the most. That exercise is the "winner" of the game and will move on to the next round.

What will be the champion exercise?

CLASS DAY & TIME _____
 TRAINER _____



Next week, your trainer will explain how it works!
 Come to class to find our more details!

PD INSIGHT

The Pulse of Parkinson's

MARCH 2025



MICHELLE'S POWER HOUR

🔥 Sweat, Inspire, Connect! 🔥

Join us for an electrifying high-intensity workout led by our incredible founder, Michelle Hespeler! Push your limits, feel the energy, and move with purpose.

After the sweat, stick around to cool down, connect, and celebrate together —because fitness is better with community!

WHEN: Wednesday, March 19th

TIME: 1:00 PM EST

REGISTER ON MINDBODY NOW!

Free for Premium Members



BEAT PD BUDDIES

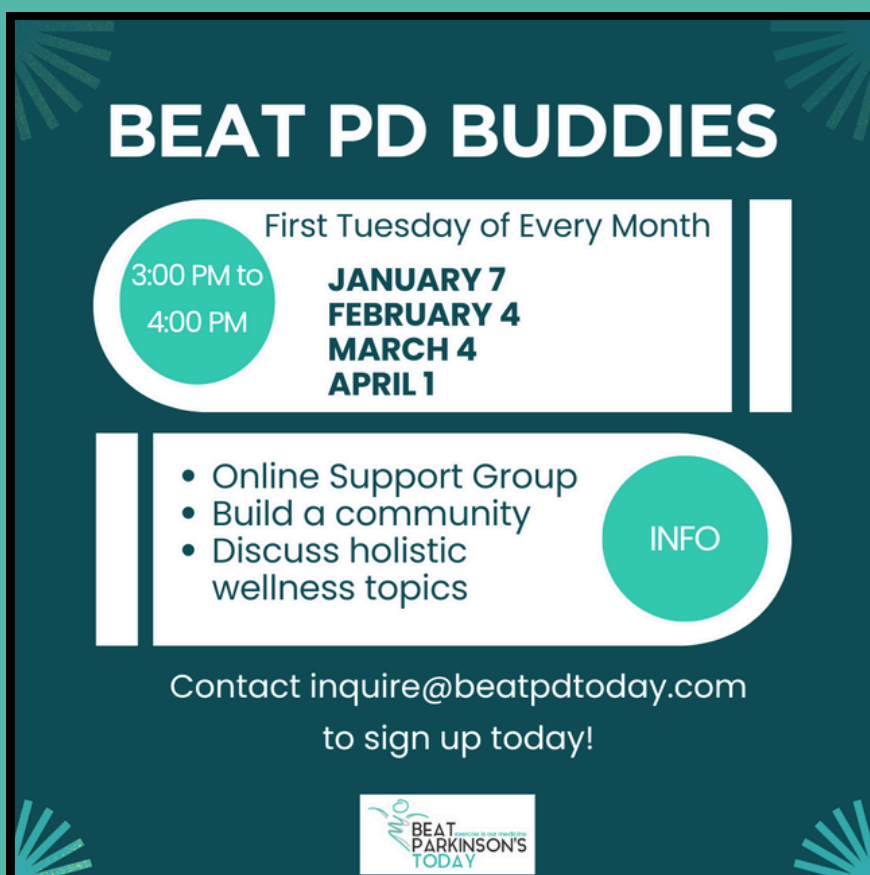
Beat PD Buddies, formerly known as Eco Buddies, is an online support group **FREE for all Beat PD members!**

MARCH

DISCUSSION TOPIC:

- Protein in your diet
- Cold plunges

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!



BEAT
PARKINSON'S
TODAY

PD
INSIGHT
The Pulse of Parkinson's

MARCH 2025



BECOME A COACH!

We're launching our **Coach Mentor Program** to help new members feel welcome and supported!



As a mentor, you'll be their buddy—encouraging class attendance, answering questions, and helping with tech needs like booking classes.

It's a great way to give back while staying motivated in your own journey. Want to be a Beat PD Coach?

Email [**director@beatpdtoday.com**](mailto:director@beatpdtoday.com)

if you are interested! 💙🔥

PD INSIGHT

The Pulse of Parkinson's

MARCH 2025



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.

Sponsored by:



NOVANT HEALTH PRESENTS

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!**

www.beatpdtoday.com
860-918-9594

KEYNOTE
SPEAKER



**FREE
EVENT!**

PD INSIGHT

The Pulse of Parkinson's

MARCH 2025



JIM'S VICTORIES

A BEAT PD MEMBER SINCE 2016



#1

Enjoyed his first 2025 rainbow sighting on a Barbados beach



#2

Walked over 3 miles on a scenic Barbados tour



#3

Despite not swimming or snorkeling in open water since PD diagnosed in 2014, and long before that (25+ yrs). Jim snorkeled the Carlisle Bays and open waters of Barbados. Fulfilling his dream of swimming with the fishes and living to tell about it.



MARCH MONTHLY FOCUS

Plyometric workouts can help people with Parkinson's by improving balance, coordination, and muscle power, which are essential for maintaining mobility and preventing falls. These explosive movements can also enhance neuromuscular control and reaction time, supporting better movement efficiency in daily activities.



CALENDAR OF EVENTS

March 4	Beat PD Buddies
March 19	Michelle's Power Hour
April 1	Beat PD Buddies
April 11	NC Symposium
April 2025	Parkinson's Awareness Month
May Month	Breathwork Series

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



WWW.BEATPDTODAY.COM

Head 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

