

PD INSIGHT

The Pulse of Parkinson's

JANUARY 2025



MEET OUR 2025 TEAM!

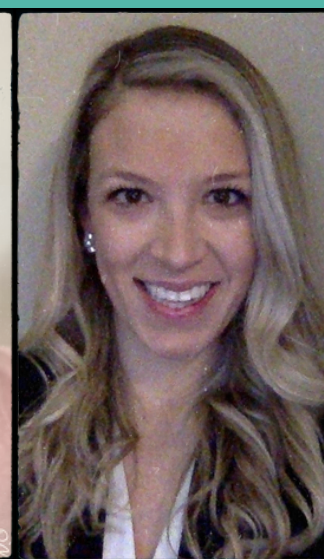
We're thrilled to introduce the 2025 Beat Parkinson's Today Team—a dedicated group of passionate individuals committed to helping you stay strong, active, and inspired in the year ahead! This incredible team brings a wealth of experience, fresh ideas, and unwavering energy to our program. As we kick off the new year, we're excited about the positive changes and growth ahead. Together, we'll continue to move for hope and make 2025 a year to remember!



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PROGRAM FOUNDER



COURTNEY FINK
BUSINESS
DEVELOPMENT



KRISTA SLOT
COMMUNICATIONS
DIRECTOR



VICKI KULAS
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DONNA DIPALMA
LEAD TRAINER



TBD
ADMINISTRATIVE ASSISTANT

Check out our website for more info on the team!

www.beatpdtoday.com

860.918.9594

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MOVE FOR hope

We have kicked off the new year with our Move for Hope Challenge this January! As your trainer explained, every time you attend a Beat Parkinson's Today class, you'll color in the corresponding number on the special January-themed word sheet and work toward completing your month-long goal. It's a fun and motivating way to stay active, track your progress, and start 2025 strong. Ask your trainer for more information and the link to the word sheet! Let's move together for hope and make this challenge one to remember!

-----'S
 (WRITE YOUR NAME ABOVE)

MOVE FOR HOPE CHALLENGE

Each number correlates with the day of the month. If you take a Beat PD Class on that day, color in the square! Write your personal goal below and "move for hope" to accomplish it!
 YOU GOT THIS!

MY JANUARY BEAT PD CLASS GOAL

I MET MY GOAL!
 I WAS SO CLOSE!

THINK STRONG. MOVE STRONG. BE STRONG

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BEAT PD 2024 VICTORIES



#1

Yale University
clinical study
published in
medical journal

#2

Donations totaled
\$125,000 this year from
our Giving Tuesday,
General Giving, and In
Memory Of campaigns

#3

Reached more people
nationwide and internationally
through our online classes

#4

Successfully hosted
our 4th annual golf
tournament in CT!

HERE'S TO MORE VICTORIES IN 2025!

JANUARY MONTHLY FOCUS


Improving posture through exercise is essential for people with Parkinson's disease. It helps **counteract the forward-leaning posture** commonly associated with the condition, reducing strain on the neck, back, and joints. Better posture enhances **balance, stability, and mobility**, reducing the risk of falls. Additionally, it can improve breathing and circulation, boost confidence, and make everyday activities more comfortable. Regular posture-focused exercises empower individuals to maintain independence and improve their overall quality of life.



CALENDAR OF EVENTS

- January 6 Eco Buddies
- January 7 New NC Class Location Start
- January 7 Board Meeting
- April 11 NC Symposium
- April 2025 Parkinson's Awareness Month

Michelle Hespeler's



BEAT PARKINSON'S TODAY
exercise is our medicine


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

Starts
January 7th!

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

