

## REGISTER TODAY FOR ROCK STEADY BOXING!

Classes will be held every Monday and Wednesday

Group #1 9:30 AM - 10:30 AM

Group #2 11:00 AM - 12:00 PM

St. John Paul II Church

Annex Building

3042 Hikes Lane, Louisville KY 40220

Join us for Rock Steady Boxing Lite! This FREE exercise class will incorporate the techniques of Rock Steady Boxing and is taught by a certified RSB coach. The class is open to the public serving constituents with Parkinson's Disease and other neurological disorders. Space is limited, registration is required to attend.

Please call 502.254.3388 to register.



facebook.com/parkinsoncenter

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https://www.youtube.com/

www.parkinsoncenter.org

## CENTER HAPPENINGS

April 2018

### Parkinson's Awareness Month Programs

#### Mind, Mood and Memory Series

There are many non-motor symptoms that are experienced because of Parkinson's disease or medications used for treatment. Self-awareness is the first step to managing these symptoms. Are you comfortable discussing topics such as anxiety, night terrors, depression, Parkinson's disease psychosis, and sleep patterns while navigating PD? Join us as we discuss the Parkinson's disease symptoms that impact our Mind, Mood and Memory.

April 11, 2018 5:30 PM - 7:00 PM

Masonic Homes, Sam Swope Care Center,  
3503 Moyers Cir, Louisville, KY 40041



Masonic Homes  
Sam Swope Care Center  
3503 Moyers Circle  
Louisville, KY 40041  
April 11, 2018  
5:30 p.m. - 7 p.m.

Presented by:  
ACADIA  
Pharmaceuticals

Join us as Justin Phillips, MD discusses  
the Parkinson's disease symptoms  
that impact our Mind, Mood and Memory.



Gordon Biersch (GB) & 4th Street Live  
Hosting 4th Annual Pints for Parkinson's® to Benefit  
Parkinson Support Center of Kentuckiana  
Wednesday, April 18, 5pm – 10pm

The Pints for Parkinson's Foundation in partnership with Gordon Biersch Brewery, the Craftworks Foundation and 4th Street Live are honored to host the 4th Annual, Pints for Parkinson's® Charity Fundraiser. Other local breweries will be uniting to benefit Parkinson Support Center of Kentuckiana – Pints Unite! Featured breweries and distilleries to include Ballotin Chocolate Whiskey, Jim Beam, Sam Adams, Goodwood, Against the Grain, Ethereal, Fall City, West 6th, and more. Gordon Biersch will be offering \$3 pints of their Maibock beer that evening starting at 5pm. In addition, GB and other 4th Street Restaurants including The Tavern, Sport and Social, Guy Fieri's, and Birracibo, will be donating 10% of all dinner sales.

### Parkinson's Awareness Month Reception with Southern Indiana Rehab Hospital and The Parkinson Support Center

Parkinson's Awareness Month celebration reception and free balance/speech screenings

Who: Inviting all persons with Parkinson's disease and their family

When: Thursday, April 26, 2018  
1:00 p.m. to 2:30 p.m.

Where: Southern Indiana Rehab Hospital 3104 Blackiston Blvd.  
New Albany, IN Education Conference Room

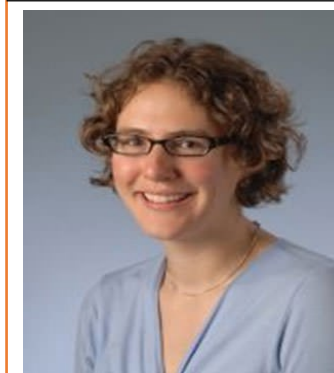


### Run for Parkinson's Disease

Run for Parkinson's Disease and help support local Rock Steady Boxing (RSB) programs. In 2016 and 2017 Parkinson Support Center raised over \$5,000 annually as a KDF charity partner. These funds provide monthly scholarships for participants of RSB at Core Combat, Full Moon Martial Arts and Anytime Fitness.

You can join us by creating a fundraising team! Family, Friends and Coworkers can form fundraising teams and walk/run the KDF Marathon/ Mini-Marathon (individually or as a relay) in support of the Parkinson Support Center.

<https://runsignup.com/Race/23401/Charity/2056>



### A Movement Disorder Presentation

Elizabeth Zauber, MD

Movement Disorder Neurologist - IU Health Neuroscience Center Indianapolis, IN

Dr. Zauber, along with two movement disorder nurses, Carla Vanamburg, BSN, RN and Lora Keesling, BSN, RN, will present on the great work they are doing at the movement disorder center in Indianapolis. This will include an overview of the conditions treated, various therapies used to treat those conditions, including Deep Brain Stimulation, and important details on the referral process into their clinic.

April 14, 2018 11:30 AM - 1:00 PM CST

Hilton Garden Inn Evansville 220 Eagle Crest Drive Evansville, IN 47715



To Register for all programs please call 502-254-3388 or visit <http://parkinsoncenter.org/category/news/>