

Painting with Parkinson's

Join us as we Paint and Brunch!

through motor symptoms such as Tremors, Rigidity, and Dysphagia. An artist will guide you step-by-step through painting while you socialize & express yourself!

September 19, 2018 11:00 AM – 2:00 PM

Parkinson Support Center

100 Townpark Cir, Suite 100, 40243

For more information call 502.254.3388

Partnership with

Rock Steady Boxing

Partnership that will provide the Rock Steady Boxing

in Frankfort, KY.

10:00 am



Pictured: Erika Branch, Jason Smith, Mrs. Lonnie Ali, John Ramsey

A special thank you to Jason Smith and the Pints for Parkinson's Foundation for yet another successful Pints for Parkinson's. We appreciate all of the event sponsors and those who joined us at 4th Street Live and/or participated in the silent auction!



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Know the Signs to Help Understand

Increased motor fluctuations may be a reality for

More "Off" Time, Less "On" Time

As Parkinson's disease progresses it may be harder to practice more periods of slowness, stiffness and impaired (known as "off" times) and decreased time, when such as impaired mobility, slowness and stiffness (known

What to Know About Parkinson's Disease Progression

What are signs of possible Parkinson's disease progression? Changes in motor symptoms can occur within 5 to 10 years. As dopamine cells make less dopamine, a naturally occurring brain chemical, the brain's ability to produce dopamine decreases. The stomach may also digest food and medicines differently in the nervous systems of the gut and brain and this can

Symptoms during increased "off" times that may indicate

- Tremor
- Rigidity (resistance or stiffness to stretching)
- Slowness of movement

For those experiencing a progression in Parkinson's disease, it's important for people with Parkinson's disease to work with their team of healthcare professionals to determine the best

Moving Forward

If you or a loved one think that the disease might be progressing, get Parkinson's disease information, support, resources and share your thoughts before speaking with your doctor at <https://www.parkinsoncenter.org>

Because Parkinson's disease may vary from person to person, it's important for you and their family members to talk to their doctor about what they can diagnose and treat Parkinson's disease.

Your Voice showcases articles submitted to the Parkinson's community. When we are passed on informative articles, please email <http://parkinsoncenter.org>

Parkinson Support Center 315 Townpark Circle