



# Fitness Counts

**Friday, October 14, 2022**

**1:30 p.m. – 3:30 p.m. ET**

Check-in begins at 1:00 p.m. ET

Studies have demonstrated that exercise has brain and body benefits for people with Parkinson's disease (PD). Exercise can help to improve PD symptoms and help individuals do the activities they enjoy. Learn that there are benefits to movement at all stages of PD and that it is never too late to start.

## **SPEAKERS:**

**Veronica Santini, MD, MA , Sule Tinaz, MD, PhD and Christine Gummerson, MD**  
Yale School of Medicine

**Michelle Hespeler**

Director and Founder, Beat Parkinson's Today, Inc.

## **LOCATION:**

Omni New Haven Hotel at Yale  
155 Temple St, New Haven, CT 06510

**Attendance is free and registration is required.**

Learn more and register by visiting [Parkinson.org/Connecticut](https://Parkinson.org/Connecticut)  
or contacting Melody at 781-552-3790 or [mmclaughlin@parkinson.org](mailto:mmclaughlin@parkinson.org)

**\*Masks encouraged.** For the safety of the Parkinson's community, we're asking our participants, volunteers, sponsors and staff to follow CDC, state and city guidelines regarding mask usage/social distancing protocols.