



The TRANSMITTER

A newsletter for information and events affecting Persons with Parkinson disease

Steady Strides 2022: Saturday, October 1

Chris Gaffney, Executive Director



Steady Strides 2022, presented by Supernus Pharmaceuticals, is back at The Lindner Family Tennis Center in Mason on Saturday, October 1. We are moving our start time to 10am to help those of us challenged by an early morning start. We have a new shirt design, medals for all participants, a new and improved Little Striders race and an expanded Basket Raffle.

This year we mark 14 years of Steady Strides. The past two years, the pandemic has challenged our Parkinson's community and we have had to be creative in developing strategies to deliver our educational and support services. We continue to provide financial grants to physical therapy and exercise providers to expand their services and to help keep the costs to our constituents as low as possible, plus we have expanded the number of recipients of our grants and the amount of money awarded to them.

Steady Strides continues to be our largest fundraiser. Thanks to many volunteers, our Board of Directors and office staff, the stage is set for another celebration of the courage, strength and resiliency of our PD family. The food, the music, the fun, and the comraderie will be in full swing on the first Saturday in October.

This year we find ourselves still dealing with the lingering pandemic, but we once again will meet in person at the Lindner Family Tennis Center in Mason. For those who cannot be there in person, we have continued the option to participate virtually with the ability to change your option right up to race day.

Registrations for this year's race are lagging behind our 2019 pace by almost 30%. We have fewer teams registered. If you have led a team in the past, please consider doing so again this year. Please consider registering for the race, as an in-person or virtual participant. If you need assistance in starting a team or registering, call us at the office at 513-588-0113.

This newsletter includes an offline registration or you can go to parkinsoncincinnati.org/steady-strides to register, volunteer or donate. You can also get a peek at the various and wonderful Raffle items and even buy tickets for your favorites.

We are forever grateful to our Presenting Sponsor, Supernus Pharmaceuticals and all of our sponsors. You can see the list of them on the Steady Strides home page.

We look forward to seeing everyone on Saturday, October 1. Gates open at 8am and the race will kick off with staggered starts at 10am. Thank you for your continued support.



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About Us

Dedicated to the physical, mental, emotional, and social needs of those living with Parkinson disease (PWP) in the Greater Dayton/Cincinnati metroplex, Parkinson Support & Wellness exists to help those with PD learn about the disease, empowering individuals to take control and connect with local resources like support and exercise groups.

The organization also produces educational programming, provides grants to exercise programs specially-tailored to the needs of PWP, and sponsors support groups and other events designed to bring people together in a mutual supportive and encouraging environment.

All money raised stays in the Tri-State area to fund PSW programming.

Board of Directors

Executive Committee

Mike Debbeler, *Board Chairperson*
Elizabeth Grover, *Vice President*
Marge Burks, *Treasurer*
Maureen Gartner, NP-C, *Secretary*

Committee Leads

Patty Ahern, *Support Groups*
Cecilia Bidigare, RN, MSN, CNE, CHSE, *Financial Grants*
Mark Lacker, *Marketing*
Steve Hammor
Sarah Pendleton
Sara Penhale
Alberto Espay, MD, *Medical Director*
Maureen Gartner, NP-C, *Medical Liaison*

Staff

Chris Gaffney, *Executive Director*
Julia Burks, *Assistant Director*
Nancy Wetterer, *Office Administrator*
Kate Stark, *Webmaster & Editor*

MOVING

Volunteer at Steady Strides

Julia Burks, Assistant Director

Not walking or running at Steady Strides? Why not volunteer with us on— or even in the weeks leading up to— October 1? The truth about Steady Strides is we could not do this 5k fundraiser without our amazing volunteers. It is the efforts of dozens of volunteers that culminate in Steady Strides, and help us continue to drive our mission: we exist to help those with PD.

There are many ways to volunteer for Steady Strides! We are looking for help before, during, and after the event.

BEFORE

Packet Pick Up

Set up/tear down for the day and distribute race packets to those participants picking up.

Thursday, September 29
Pick up open from 2-7pm
2 Volunteer shifts available:

1:30-4pm or 4-7:30pm

Queen City Running
5819 Cheviot Rd
Cincinnati, OH 45247

Friday, September 30
Pick up open from 11am-3pm
2 Volunteer shifts available:
10:30am-1pm or 1-3:30pm
Queen City Running
8777 Cincinnati Dayton Rd
West Chester Township, OH 45069

Course Set Up

Help set up cones, course markers, and signs.

Lindner Family Tennis Center
5460 Courseview Dr
Mason, OH 45040

Wednesday, September 28
12-3pm or 3-6pm

Friday, September 30
3-6pm



DAY-OF

Lindner Family Tennis Center
5460 Courseview Dr
Mason, OH 45040

Course Set Up

Help set up cones, course markers, and signs.

Registration

Process payment and get folks signed up the day of the race. Pass out packets to folks who were unable to make it to Packet Pick up.

Cheerleading

Pep up runners and walkers along the course to help them make it to the finish line.

Water Station

Keep everyone hydrated! Pass out water to participants along the course.

Clean Up

Help us leave the Tennis Center spotless after the big day.

After the race, we encourage you to stay and celebrate with us at the post-race party!



PARKINSON'S STEADY STRIDES

Saturday, Oct. 1st, 2022

10:00am Start Time

Lindner Family Tennis Center - Mason, Ohio

Presented by



REGISTRATION

\$35 for runners & walkers

- Through 8/31 at 11:59 PM EDT

\$40 registration

- 8/31 at 11:59 PM EDT through 9/28 at 11:59 PM EDT

Entry fee includes one optional Honor or Memory card, and tech race shirt if registered by 11:59pm on Sept. 21st.

Mail your check and form, postmarked by Sept. 17th.

Parkinson Support & Wellness
260 Stetson Street, Suite 2300
Cincinnati, OH 45219

Race Day at Lindner Family Tennis Center starting at 8am. Cash, check and credit cards accepted. Race shirt is NOT guaranteed after Sept. 21st.

Sorry, no refunds. No rain date.

RACE DAY SCHEDULE

8am – Event Check-in & Raffle ticket sales

10:00am – 5k Run & Walk

"Lil' Striders" Fun Run & Awards will immediately follow the conclusion of the race

COURSE Chip timed 5k (3.1 miles) with optional early turn off. Lil' Striders Fun Run is free for kids 10 & under

- T-shirts available for purchase on race day

PARKING Free parking | Parking pass available for those with mobility concerns

OFFICE USE ONLY :

Cash ____ Check ____ Card ____

Donation Amount \$ _____ Bib # _____



PROCEEDS BENEFIT

Parkinson Support & Wellness exists to help those with PD learn about the disease through educational events, and to then empower them to take control by connecting individuals with local resources like support and exercise groups. Donations to Steady Strides go directly to programs that make a positive impact on the lives of people with Parkinson Disease, their caregivers, families and loved ones. All money raised stays in the Tri-State to fund PSW programs. Parkinson Support & Wellness, Inc. is a 501 c (3) corporation.

USE ONE FORM PER REGISTRANT

Please circle one) Runner - Walker - Donation ONLY

Name _____
 Team Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
 Phone _____ Birth Date _____
 Gender: M - F - Prefer not to disclose

T-Shirt Size for registrations submitted by Sept. 21st

Unisex: Youth S M L | Adult S M L XL XXL XXXL

Parking pass for those with mobility concerns, please check here: ____

In consideration of registration, I, the undersigned, assume full and complete responsibility for any injury or accident, which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Parkinson's Support and Wellness, Inc., sponsors, promoters, and all other persons and entities associated with the event. I assume the risk associated with this event including but not limited to falls, contact with other participants, the effects of weather, the conditions of the road, etc., such risk being known and understood by me. Fees are not refundable. I attest that I am physically fit and sufficiently trained to participate in this event. I have read the foregoing and certify my agreement by this signature or my parent or guardian.

Signature _____
Date _____

QUESTIONS? Call us at (513) 558-0113 or email info@parkinsoncincinnati.org

LEARNING

On Demand Medications for PD

Maureen Gartner, NPC

There are now two on demand medications for Parkinson's Disease. What does "on demand" mean? If you are one of those people whose medications may wear off in between doses, or take a long time to start working, "on demand" medications may be helpful for you.

INBRIJA is an inhaled formulation of carbidopa/levodopa that can be used up to 5x a day. INBRIJA may start to work in as little as 10 minutes and can last up to

2 hours. In a large study, significant relief in motor symptoms was seen within 30 minutes of taking INBRIJA. For more information about this medication, visit inbrija.com.

KYNMOBI (apomorphine HCl) sublingual film is a prescription medicine used to treat short-term (acute), intermittent "off" episodes in people with Parkinson's disease (PD). Each OFF episode is treated with only 1 dose, up to 5 times a day, with at least 2 hours between

doses. A nurse from the pharmaceutical company will come to your home to do a test dose to see how much of the drug each individual needs. The main side effect is nausea, which can be treated with ondansetron. If you would like learn more about this treatment option visit kynmobi.com.

Meet Patty Ahern

Julia Burks, Assistant Director



This issue of *The Transmitter* we would like to highlight our board member Patty Ahern.

Patty has been a part of our organization even before PSW's beginning.

Patty's close friend, Eddie, was diagnosed with PD in 2000. Upon Patty retiring from 30 years of teaching, Eddie thought she needed something to do with her now spare time! He thought she should join the organization—he thought her skills would help the PD community. So he brought her

to his support group with him. When she came to Eddie's support group, she saw another friend of hers there! They had not seen one another in 40 years or so. "...I wanted to be a part of both his and Eddie's Parkinson's journey... and that was the beginning of my journey with hundreds of people (now my friends) who I met in support groups, at educational forums, or just met by word of mouth." Patty has been a part of the PD community in Cincinnati ever since. This was 22 years ago.

People were retiring from leading support groups in 2006 around the Kenwood area. Patty stepped up and helped run those groups. After a number of years, she realized that caregivers needed their own support group. After that she focused on creating support groups for caregivers.

Patty has been instrumental to the growth of our support groups. Patty says, "I have loved being with these people . . . and as I enter into their lives I am enriched by their stamina, joy, and strength." Over Patty's volunteer career she has run over 10 support groups. She currently runs 2 caregiver support groups (Northern Kentucky Caregiver Support Group – 3rd Tuesday 10:30am & Cincinnati Caregivers – 1st Thursday 11:30am). She also sits on our board, program committee and donates often to our Steady Strides 5k raffle.

Patty is to be awarded the Victory Award on August 27 at UC Health's 2022 Sunflower Rev It Up for Parkinson's Symposium for all her work in the Cincinnati PD community. We are so proud and honored to have her be a part of Parkinson Support & Wellness.

Support Groups

Blue Ash

3rd Mondays 7pm
Parkinson Community Fitness
9687 Kenwood Rd, Blue Ash, OH 45242
Cheryl Weisgerber 513-731-9272
cherylmweisgerber@gmail.com

Bridgeway Pointe

Last Saturdays Feb-Oct; 1st Sat in Dec
11am-12noon Online
Carol Simons 513-474-4441
casimonsoo3@yahoo.com

Centerville

Last Wednesday 2:30pm
St. Leonard Campus Franciscan Center
8100 Clys Rd, Centerville, OH 45458
Dawn Arrowhead 937-439-7145
dawn.arrowood@commonspirit.org

Cincinnati Caregivers

1st Thursday 11:30am
Slatts Restaurant
4858 Cooper Rd, Cincinnati, OH 45242
Patty Ahern 513-260-8495
pdpatty42@gmail.com

Crescent Springs

2nd and 4th Thursdays 1pm
PeeWee's Place
2325 Anderson Rd
Crescent Springs, KY 41017
Tim Lenihan 859-652-9733

Dayton Caregivers

2nd Fridays 1:30pm
Dayton Metro Library
2718 Lyons Road, Dayton, OH 45342
Rose Wurst 937-231-3362
dirkno1@aol.com

Dearborn County

3rd Mondays 11am
Aurora Recreation Community Center
404 Green Blvd, Aurora, IN 47001
Mary Beth Bialick 859-409-1810

Evergreen

3rd Mondays 5:30-6:45pm
Alpha Neuro Fitness
800 E Ross Ave, Cincinnati, OH 45217
Elizabeth Grover 513-379-1196
lovettgrover@gmail.com

Florence

2nd and 4th Fridays 1:30pm
Pee Wee's Playhouse
2325 Anderson Road
Crescent Springs, KY 41017
John Anneken 859-743-3936
JBAnneken@aol.com

Friends & Family of PWP's

1st Wednesdays 7pm
Location varies- Email for information.
Julia Burks juliaingeburks@gmail.com

Georgetown

1st Tuesdays 2pm
Villa Georgetown Nursing & Rehab
8065 Dr. Faul Rd, Georgetown, OH 45121
Nikki Pelvit 513-378-4178
npelvit@affirmarehabilitation.com

Greene County

3rd Wednesdays 10:30am
must register in advance
Xenia Community Center
1265 N. 2nd St, Xenia, OH 45385
Lynn Martin 937-376-5486

Mason

ALL Thursdays 4:30-5:30pm
Mason Community Center
6050 Montgomery Rd, Mason, OH 45040
Ruth Everett 513-486-1617
reverett335@gmail.com

Miami County

2nd Wednesdays 1-2pm
Monroe Senior Center
528 S Hyatt St, Tipp City, OH 45371
Tim and Mindy Drake 937-573-9098
melindadrake@gmail.com

Miamisburg

2nd Tuesdays 1:30-3:30pm
Dayton Metro Library
2718 Lyons Rd, Dayton, OH 45342
Rose Wurst 937-231-3362
dirkno1@aol.com

Northern Kentucky Caregivers

3rd Tuesdays 10:30am
Panera
2911 Dixie Hwy, Crestview Hills, KY 41017
Patty Ahern 513-260-8495
pdpatty42@gmail.com

Oxford

1st Thursdays 6:30-8pm
Oxford Bible Fellowship, 2nd floor
800 Maple St, Oxford, OH 45056
Sara Penhale 513-593-0059
sarap@earlham.edu

Partners in Parkinson's

3rd Wednesdays 3:30pm
Do Good Restaurant
25 Main St, Osgood, OH 45351
Shannon Parton 937-423-5689
pdpartners.oh@gmail.com

PD Book Club

Fridays 1-1:45pm
Parkinson Community Fitness
9687 Kenwood Rd, Blue Ash, OH 45242
Lisa Coors 513-233-2673
lisa@coorscorefitness.com

PD Coffee Talk

Fridays 10-10:45am
Parkinson Community Fitness
9687 Kenwood Rd, Blue Ash, OH 45242
Lisa Coors 513-233-2673
lisa@coorscorefitness.com

Virtual Care Partners

2rd Mondays 1-2:30pm Online
Mary Beth Bialick 859-409-1810
info@parkinsoncincinnati.org

Virtual Persons with Parkinson's

2rd Mondays 3-4pm Online
Mary Beth Bialick 859-409-1810
info@parkinsoncincinnati.org

Working with PD

4th Thursdays 5:30pm Online
Cheryl Wirtley cheryl@wirtley.com

Young Onset

2nd Saturdays 12noon
Alpha Neuro
800 E Ross Ave, Cincinnati, OH 45217
Adam Magee 859-609-2155
alphaneurofitness@gmail.com

Our **support groups** and **exercise opportunity** listings are always being updated. View the most current version at parkinsoncincinnati.org.

For corrections, contact Elizabeth at 513-379-1196 or Nancy in the office at 513-558-0113.

Exercise Groups

ART THERAPY

Creativity in Motion

2nd & 4th Monday 1-3pm

Becca Jacobs 513-475-8792

becca.jacobs@uchhealth.com

UC Gardner Neurological Institute

Multipurpose Rm 1109, 1st Floor

3113 Bellevue Ave

Cincinnati, OH 45219

Steady Strides Singers

2nd & 4th Monday 1-2pm \$5

Janet Langhorst

jlanghorst@cinci.rr.com

The Church of the Redeemer

2944 Erie Avenue

Cincinnati, OH 45208

BOXING

Anderson \$12

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

Elite Thursday 12-1pm

Coors Core Fitness

7693 Beechmont Ave

Cincinnati, OH 45255

Delhi

Maureen Scheiner 513-347-5514

maureen.scheiner@bayleylfe.org

Wednesday 2:30-3:30pm

Bayley Fitness Club

401 Farrell Court

Cincinnati, OH 45233

Liberty Twp. \$15/class

Amy Bertram, 513-543-3188

info@theneurofitgym.com

Friday 11am-12noon

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Rock Steady Boxing

Blue Ash \$150/10 or \$250/20

Sarah Palmer, 513-404-1918 or

sarah@foreverfitnesscincinnati.org

Basic Tuesday, Thursday 2-3pm

Advanced Tues, Thurs 3:30-4:30pm

ForeverFitness

4542 Cornell Rd

Blue Ash, OH 45241

Dayton

Alex Sheets/Craig Cole 937-433-2110

Tuesday, Thursday 2-3:30pm

Bethany Village

6451 Far Hills Ave

Dayton, OH 45459

Eaton \$45/month

Matthew Wright 765-983-3092

Tues, Thurs 9-10am, 10-11am

Reid Eaton Rehab

550 Hallmark Dr

Eaton, OH 45347

Connersville, IN \$45/month

Matthew Wright 765-983-3092

Tues, Thurs 10-11:30am, 11:15am-12:15pm

Reid Healthworks

3542 Western Ave

Connersville, IN 47331

Richmond, IN \$45/month

Matthew Wright 765-983-3092

Mon, Weds, Fri 8-9am, 9-10am,

10-11am, 11am-12, 12-1pm

Reid Rehab

2021 Chester Blvd

Richmond, IN 47374

Liberty Twp. \$15/class

Amy Bertram 513-543-3188

info@theneurofitgym.com

Mon, Weds, Fri 12-1pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

DANCE

Dancing with Parkinson's

Cincinnati Ballet \$10/pair

Mon 12-1:15pm; Fri 2-3:15pm

1801 Gilbert Ave

Cincinnati, OH 45202

513-621-5219

Wyoming Fine Arts Center

Wednesday 2-3:15pm \$5

322 Wyoming Ave

Cincinnati, OH 45215

Elizabeth Grover 513-379-1196

lovettgrover@gmail.com

Yellow Springs Senior Center

Wednesday 2-3pm

227 Xenia Ave

Yellow Springs, Ohio 45387

Jill Becker 937-430-8710

EXERCISE

Coors Core Fitness \$12

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

7693 Beechmont Ave

Cincinnati, OH 45255

PD Advanced

Tuesday 12-1pm

Saturday 11:30am-12:30pm

PD Basic

Tuesday 1:10-2:10pm

Delay the Disease

Hamilton Non-Members \$20

Anna Flanagan 513-720-9940

ajflanagan@gmvymca.org

Tuesday, Thursday 2-3pm

East Butler County YMCA

6645 Morris Road

Hamilton, OH 45011

Liberty Twp. \$15

Amy Bertram 513-543-3188

info@theneurofitgym.com

Monday, Wednesday 1:15-2:15pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Exercise

Mon 1-1:50pm

Tues, Weds, Thurs, Fri 11-11:50am

Angela Perkins 513-418-5867

Daniel Drake Wellness Center

151 W Galbraith Rd

Cincinnati, OH 45216

Exercise & Chair Volleyball

Thursday 4:30-5:30pm

Potluck follows meeting 1st Thursday

Mason Community Center

6040 Mason-Montgomery, Mason 45040

Ruth Everett 513-486-1617

reverett335@gmail.com

LSVT BIG for Life

Thursday 10:30-11:30am

Angela Onyekanne 513-799-8263

info@senioritywc.com

Alpha Neuro Fitness

800 E. Ross Ave

Cincinnati, OH 45217

Mind & Motion

Monday, Friday 10:15–11:15am

Denise Rose 812-926-2311,

drose@aurora.in.us

Aurora Rec. Community Center

404 Green Blvd

Aurora, IN 47001

foreverfitness \$11–15/class

Sarah Palmer 513-404-1918

sarah@foreverfitnesscincinnati.org

4542 Cornell Rd

Blue Ash, OH 45241

Balance & Stretch online

Friday 10–11am

Brain Games online

Biweekly Weds. 11:30am–12:15pm

PD Cardio online

Tuesday 11:15am–12:15pm

PWR! Circuit

Friday 2–3pm hybrid

PWR! Moves

Basic Monday 2:30–3:30pm

Wednesday 2:30–3:30pm online

Mixed Level online

Thursday, Saturday 10–11am

Advanced online

Monday, Wednesday 4–5pm

Thursday 10–11am

Parkinson's Community Fitness \$25/mo. unlimited

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

Cardio Drumming

Thursday 10–10:45am

Floor Stretch

Mon, Weds 10:15–10:45am

Movement & Flow

Thursday 1–1:45pm

Pickle Ball

Monday 11–11:45am

PD Advanced

Tuesday, Thursday 11–11:45am

PD Elite

Tuesday 10–10:45am

PD Elite Strength

Wednesday 11–11:45am

PD Foundations

Tuesday, Thursday 12–12:45pm

Strength Training Foundations

Friday 11–11:45am

PWR! Moves \$8/class

Tuesday, Thursday 1pm

812-934-6006

Southeastern Indiana YMCA

30 State Rd 129

Batesville, IN 47006

Parkinson's Fit Club Free

Tyler McLean 937-401-6109

tyler.mclean@ketteringhealth.org

Neuro Rehab & Balance Center

7677 Yankee Street #210

Centerville, OH 45459

Medium Intensity

Monday, Wednesday 1–2pm

High Intensity

Tuesday, Thursday 4–5pm

The NeuroFit Gym \$15

Amy Bertram, 513-543-3188

info@theneurofitgym.com

4155 Tonya Trail

Hamilton, OH 45011

Cog-Cardio

Monday 11am–12noon

Neuro Bootcamp

Wednesday 5–6pm

YOGA

Chair Yoga

Parkinson's Community Fitness

\$25/mo. unlimited

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

Basic Mon, Weds, Fri 12–12:45pm

Advanced Wednesday 1–1:45pm

The NeuroFit Gym \$15

Amy Bertram 513-543-3188

info@theneurofitgym.com

Friday 12:15–1pm

4155 Tonya Trail

Hamilton, OH 45011

By Appointment

Alpha Neuro Fitness

800 E Ross Avenue

Cincinnati, OH 45217

Adam Magee 859-609-2155

alphaneurofitness@gmail.com

Coors Core Fitness

Dayton: Mary Sarah 937-287-3255

Cincinnati: Lisa Coors 513-233-2673

foreverfitness

4542 Cornell Rd

Cincinnati, OH 45213

PWR! certified trainer

Sarah Palmer 513-404-1918

sarah@foreverfitnesscincinnati.org

Parkinson's Community Fitness

9687 Kenwood Rd

Blue Ash, OH 45242

Lisa Coors 513-233-2673

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45211

Amy Bertram 513-543-3188

info@theneurofitgym.com

LSVT Big Exercise

Daniel Drake Center

151 W Galbraith Rd

Cincinnati, OH 45216

Stephani Bellm 513-418-2709

stephani.kohls@uchealth.com

Gateway Rehabilitation Hospital

5940 Merchants Dr

Florence, KY 41042

859-426-2415

Jewish Hospital—Mercy Health

4672 E Galbraith Rd, Ste 118

Cincinnati, OH 45236

Amy Bertram 513-686-3254

alanham@mercy.com

Superior Rehab & Balance

8135 Beechmont Ave, Ste W269

Cincinnati, OH 45255

Logan Waddell, DPT

513-368-5212

Yoga with Sharon Byrnes

The Yoga Groove

4242 Airport Road

Cincinnati, OH 45226

Sharon Byrnes 513-658-1952

sharonbyrnesyoga@gmail.com



260 Stetson St., Suite 2300
Cincinnati, OH 45219

Upcoming Events

All dates and topics are subject to change.

PD Edu: Journaling

September 17 Online **Free**
Expert Cheryl Wirtley examines how journaling benefits PWP. Topics include: different kinds of journaling, documentation of medical symptoms, and poetry. All participants will receive a journal, thanks to our sponsor, Supernus!

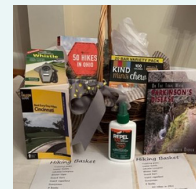
PD Edu: Elder Law, Medicare, & Social Security with Dennison Keller
October 15 Online **Free**

Steady Strides

October 1
Lindner Family Tennis Center
5460 Courseview Dr.
Mason, OH 45040
parkinsoncincinnati.org/steady-strides

Our annual event to raise funds and awareness of PD is back! In-person and virtual options, Lil' Striders Run, and more raffle baskets than ever before!

Whatever your interests, we have a basket for you: wine, sports, arts, hiking, relaxation goodies, split the pot and more!



Contact Us

Information on **support** and **exercise** opportunities, and **educational** events is available by calling our office at 513-558-0113, emailing us at info@parkinsoncincinnati.org, or visiting our website, parkinsoncincinnati.org