

# 28<sup>TH</sup> PARKINSON'S UNITY WALK

May May Ali, Parkinson's Advocate and Michelle Charlesworth, WABC-TV Weekend Anchor will serve as emcees of the Bandshell program.

## BANDSHELL PROGRAM TIMELINE

### 8:30 am Welcome - Walk begins

Carol Walton and May May Ali

### 8:45 am Wake Up and Stretch

Safely stretch your muscles and open your joints to motivating music to prepare your body for the Walk.

### 9:00 am Nia: Movement, Music & Magic

Laugh, move, and sing to great music while simultaneously increasing your mobility and stability. Nia is a beautiful blend of dance, martial arts, and yoga. Ignite your body, mind, and spirit in this special class for all ages and abilities.

### 9:30 am Dance for PD

Your mind, body, and soul will be inspired as teachers from the flagship NYC Dance for PD<sup>®</sup> program guide joyful movement etudes in English, Mandarin, and Spanish. Seated or standing, we invite you to explore the universal language of dance with us!

### 10:00 am Spencer Gee Tai Chi

Professor Spencer Gee provides a variety of classes in Tai Chi, Self-Defense, and Core Training at Hofstra University as well as personal training in Roslyn and workouts at various Senior Centers.

### 10:30 am Rock Steady Boxing – NYIT

The NYIT Rock Steady Boxing program has 9 certified boxing coaches including a neurologist, exercise physiologist, occupational therapist, physical therapists, and a mixed martial arts coach. Enjoy this demonstration of a basic boxing workout progression and see our boxers Fight Back Against Parkinson's!

### 11:00 am Amplify your Life with LSVT LOUD and LSVT BIG

Experience new power in your voice and movement by participating in fun exercises with expert LSVT therapists. Learn how these scientifically proven speech, physical and occupational therapies can help you claim the strong voice and movement you need in daily life!

### 11:30 am Yoga for Parkinson's

Open up new pathways of flexibility, stretch out and relax in this easy to follow yoga practice. A perfect complement to your Unity Walk, this practice is for everyone who wants to feel good, to stretch and feel centered after a day of walking! For all ages and abilities.

### 12:00 pm Sing for PD

Join us for a Sing for PD demo class exploring breath, rhythm, and voice through a selection of familiar favorites!

### 12:30 pm Michelle, May May and Music!

### 12:45 pm Closing

**KEEP FUNDRAISING!**  
**Donations for this year's Walk**  
**accepted through June 4th!**

## Submit Your Favorite Walk Moment!



Tag your photos with #PUW2022 @unitywalk.  
Your photo may be picked for our post-Walk video!

By using our promoted hashtag, you give us permission to repost your content.



**Download the Unity Walk App!**

