

# 25<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

### Welcome - Walk begins

**8:30 am** Carol Walton, President & CEO,  
The Parkinson Alliance

### Wake Up and Stretch to the Classics

**8:45 am** Safely stretch your muscles and open your joints to classical music to prepare your body for the Walk.

### Nia Brain Body Fitness for PD

**9:00 am** Individuals living with Parkinson's and their families have embraced Nia Brain Body Fitness as a fun, accessible, adaptable fitness modality that connects the body and mind as it increases your heart rate and gets you moving. For all ages and abilities.

Both programs above are facilitated by Caroline Kohles, instructor from the Edmund J. Safra Parkinson's Wellness Program - NYC

### Amplify your Life with LSVT LOUD and LSVT BIG

**9:30 am** 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!

### The Original Mixed Company

**10:00 am** The Original Mixed Company is an oldies singing group specializing in Doowop, R&B, and Gospel.

### Rock Steady Boxing – NYIT

**10:30 am** The NYIT Rock Steady Boxing program has 9 certified boxing coaches including a neurologist, recreational therapist, 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 Parkinson's!

### The Original Mixed Company

**11:00 am** The Original Mixed Company is an oldies singing group specializing in Doowop, R&B, and Gospel.

### Dance for PD, Sing for PD and PD Movement Lab

**11:30 am** Dance for PD-Dance with us as participants and teachers from the flagship NYC Dance for PD program showcase three joyful movement etudes that inspire the mind, body, and soul.

Sing for PD-Participants from Sing for PD classes perform Haru No Hana (Spring Flower), an original song by Richard X Bennett and Paula Jeanine.

PD Movement Lab-Brooklyn class participants and volunteers perform an excerpt of a new dance choreographed by Pamela Quinn with original music by Philip Hamilton.

### Michelle, May May and Music!

**12:15 pm**

### Closing

**12:45 pm**

## Submit Your Favorite Walk Moment!

Tag your photos with **#puw2019 @unitywalk**. Your photo may be picked for our post-Walk video!

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



**Keep Fundraising! Donations for this year's Walk accepted through June 7**

**Download the Unity Walk App.**



**UNITYWALK.org**

**| 866.789.9255**

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