



TO BEAT PARKINSON'S

SCHEDULE

12:30 - 1:00

Arrive and Check in

1:00 - 1:45

MUSIC & DANCE THERAPY FOR PARKINSON'S

*with Dr. Elizabeth Stegemoller
& Dr. Kristin Lowry*

1:45 - 2:00

Rest and Refuel
provided by HY-VEE

2:00 - 2:45

CYCLING FOR NEUROWELLNESS

with Bill Roach

2:45 - 3:00

NUTRITION & PARKINSON'S RECIPE DEMO

*Kylie Thompson, MS, RD -
I&R Center Director
Jacque Alex - HY-VEE*

3:00 - 3:45

CARDIO KICKBOXING

3:45 - 4:00

Rest and Refuel

4:00 - 4:45

RESTORATIVE YOGA

with Tomoko Yajima



WHAT:

4 hour 4 part workout

WHERE:

Wellmark YMCA, Des Moines Iowa

WHY:

To raise money for the Iowa Chapter of the American Parkinson Disease Association

WHEN:

October 21, 2017

DETAILS:

Craig Haas was diagnosed with Parkinson's Disease on Oct. 19, 2015. He is having this fundraiser near the 2nd anniversary of his diagnosis to raise money for the Iowa APDA, an organization for which he is the treasurer.

HOW DO I GET INVOLVED?

Make a tax deductible donation:

Make a donation online at the apdaiowa link below, or send a check to the address below with 'Craig's Workout' in memo line, a Federal Tax ID will be provided for deduction purposes.

Join Craig in the workout:

Join Craig for an hour, or all 4 hours! To spread awareness of this event and Young Onset Parkinson's, all participants are encouraged to raise at least \$100 in pledges.

All participants will receive a workout shirt.

Advertise your business!

Have your logo added to the workout shirts, \$250 bronze level, \$500 silver level, \$1,000 gold level.

TO SIGN UP OR TO DONATE CONTACT:

apdaiowa.salsalabs.org/iac4workout2017

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FOR MORE INFORMATION:

On the Iowa APDA : www.apdaiowa.org

On Craig's story : craigbhaas.blogspot.com