

AUGUST NEUROFIT NEWS

Happy Birthday to YOU!!

Dan Snow 8/1
Greg Jackson 8/4
Jennifer Riley 8/6
Lenny Wolf 8/14
John Mobley 8/15
Neal Miller 8/16
Donn Stamp 8/16
Larry Lewis 8/26
Michael Seyfried 8/26
Gail Milillo 8/27
Ginny D'Arcy 8/27
Val Augusterfer 8/29
Pat Pollock 8/29
Martha Macy 8/31
George Hain 8/31



Class Alert!!

- *No BOYO Tuesday, August 5th
- *No chair yoga Thursday, August 7th. We will have a slightly longer strength class and gentle stretching.
- *No Jabber Gym Monday, August 18th

June NeuroFit News winners are Rick Volk and Lori Lockard!
August word search is due August 29th. Don't miss out on your chance to win a surprise prize!



Kathleen will be with us until the end of August. Good Luck to Kathleen as she embarks on her new journey at Kettering. She will be doing a Neuro residency to grow her neuro knowledge and skills. Please join us in thanking her for her time, dedication, knowledge, and for leading classes!

👏 We will miss you, Kathleen! Please visit us and keep in touch! 🙌

UNIVERSITY OF CINCINNATI GARDNER NEUROSCIENCE INSTITUTE

sunflower **REV IT UP** for parkinson's **SYMPOSIUM**

SATURDAY, AUGUST 16, 2025

9 a.m.-1 p.m.

Join us for the 2025 Sunflower Rev It Up for Parkinson's Symposium. This free educational event for patients, families, and caregivers will feature presentations from UC Health physicians, staff, and local organizations specializing in Parkinson's disease. Participants will also be able to network with various vendors providing services to those touched by Parkinson's disease.

Register here



Oasis Golf Club and Conference Center
902 Loveland-Miamiville Road
Loveland, OH 45140

 **Health**

The Scoop



PD Support Groups

- * Wednesday evening Parkinson's support group meets the first Wednesday of the month, 6:30-7:45 PM. This support group is for gym and community members with Parkinson's and their care partners. Next meeting is August 6th.
- * The Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. The Thursday support group meeting for August will be the picnic at Otterbein on August 21st. Please see the sign up sheet on the bulletin board. Questions? Ask Mary Schroder for details.
- * If you are new to the gym and have questions about support groups, please ask Amy or Colleen, Denise Rieman, Ken Hintze, or Mary Schroder!

Steady Strides!!

Parkinson Support and Wellness helps NeuroFit every year with grant money to help maintain and grow our program. To support them, NeuroFit has a team for the race! Please join our team and bring your family members, friends, and neighbors. For the past several years, NeuroFit has had the largest team and we would like to continue this tradition!

Date: Saturday, September 27th

Place: Corwin Nixon Park, Mason, OH

Cost \$40.00 per person

THE PRICE INCREASES ON AUGUST 6TH!

Visit this link to join our team!

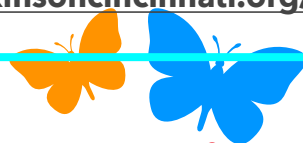
<https://runsignup.com/neurofit>



Note about Steady Strides: This is a 5K Run/Walk Fundraiser for PSW. You can run or walk, and there is also a short loop of about 1 mile. NeuroFit will have a table with some chairs, so if you would rather just sit and relax, you can do that too! Monies donated to the NeuroFit Team count toward our fundraising goal, but the donations support Parkinson Support and Wellness, who in return support us! If you register as a walker/runner, you will get a Steady Strides T-shirt and also a NeuroFit Team T-shirt. We will have the Team T-shirts prior to the race for you to wear. We will get all packets and have them for you at the race. Questions? Just ask Amy or Colleen!

Interested in Parkinson's Education? Visit this link to learn more!

<https://parkinsoncincinnati.org/educational-events>





NEED A HEALTH STRATEGIST?

Free Health Strategy and Support for NeuroFit Gym Participants Living with Parkinson's Disease

Denise Rieman, RN, BSN, is excited to announce she will be donating her time at NeuroFit to help gym participants set personalized goals. She is offering support to help you to reach your health and wellness objectives. So often we need guidance and encouragement to take control of our wellbeing and to develop healthy habits. Denise is well qualified for this service as she is a nurse, has expertise in health coaching, and is living well with Parkinson's Disease for the last 10 years.

The only requirement(s) is that you must be a current member of NeuroFit, and your need is related to Parkinson's (or the disease state that brought you to NeuroFit). If unsure, stop by and ask. No need is too small, no goal too lofty. Let's work together to make your goals achievable - one step at a time! She will be available at NeuroFit Gym, the following days and times for individual walk-ins:

Mondays 1:00-1:45 PM and Thursdays 9:45-10:30 AM

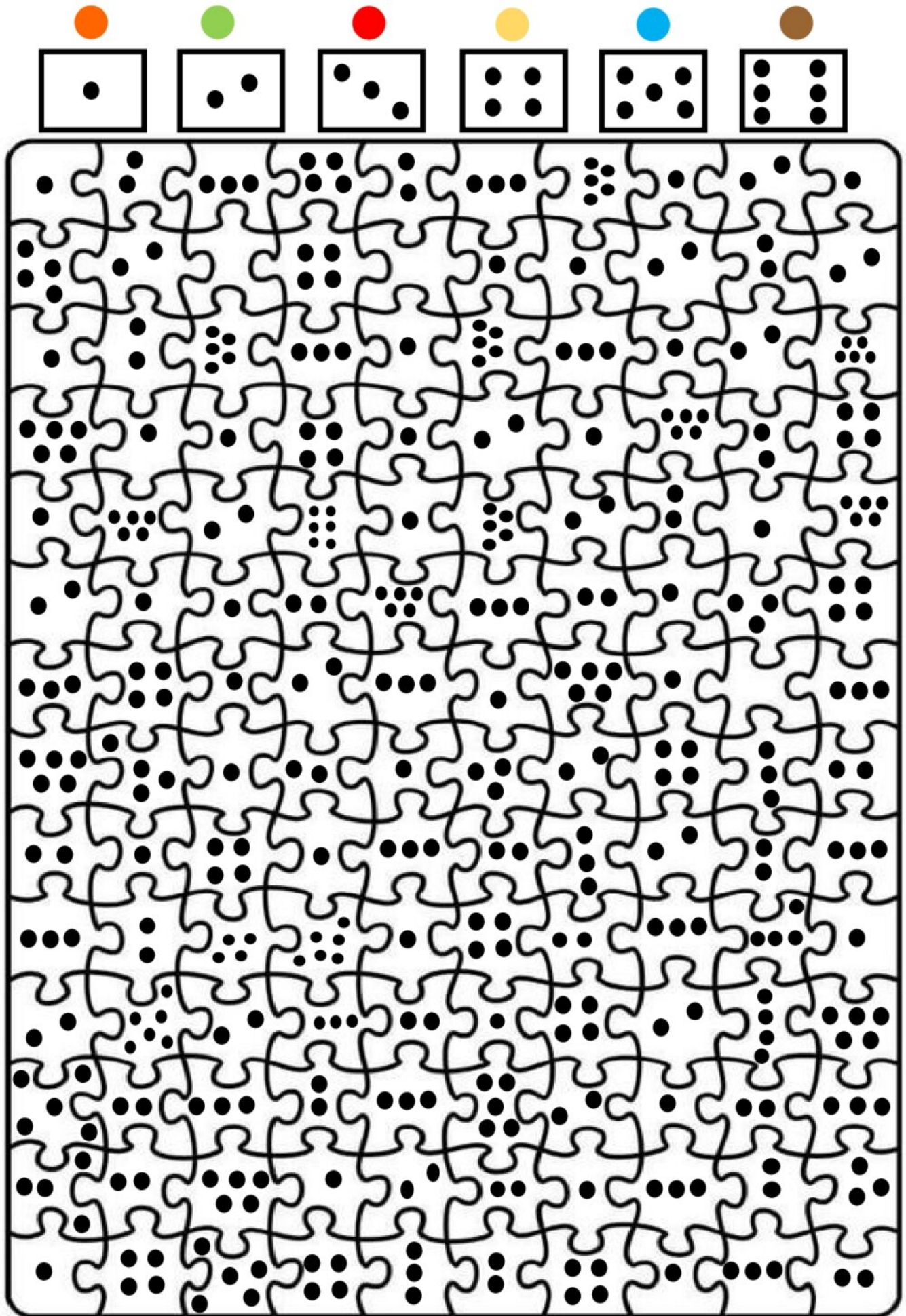
If you are time limited, please contact Denise to schedule a time to meet.

mobile: 513-315-7857 email: 1rieman.da@gmail.com

The misspelled word in the last newsletter was **Otterbien**. The correct spelling is **Otterbein**! 3 people found the misspelled word - Bonnie Jackson, George Hain, and Gay Kubik (helping Pam Klaber)!

BIG Congrats to Drew, NeuroFit's SLP who has retired from Cincinnati Children's! You will see her at the gym a little more, helping with classes and sharing her SLP knowledge with us. We are blessed to have you as part of the team!





Name: _____ Date: _____

International Friendship Day

N U I L O U Z E N K B A N E Z C O K M G O Z T V
Y I O D D M F W D M K R E V E R O F B V B J W C
P G M S T W V Y P E F K R W B R A C E L E T R O
C Y Y K S C Q D V D L Y C E I Q B K Q G J F W C
Y L X Y U J V M P I N N H B H K E Z C S E H W J
H O S K R L V R V O H E B A T T P L N X R N S N
Q B I A T N O E S U B J I C P H E E A D A N F T
T A N X X K V N Y I W Z R R B P G G F Q H F T T
J D T C S G A Q W G X A Q P F Z I Q O A S E I G
W D W R E C T G L S I V U T Z T Q N H T E H B H
Q P S F P S F H F Y C Z E Y C L S G E W X Q Q E
M F E J O Y K E M N W A E S L F Y E S S W Q C D
K V I U P A F N E W R E L S H N B O B C S T F N
P S R H A W R G R S R U V G B L N O W E Y S U J
I D O E U L I S K A T R D Y D A G O P S F V Z L
T N M A B A E J T C E T B G C U G L A R I D V O
Y E E R T U N P S A H L Y S T G K W B X X J A K
P I M T G C D L N B G P Z V L H W T Q J Y W N B
J R U X H L S O X F D X C F R T U U F L R Z Z C
L F K N W S H N U S T J T V S E G J B Y L E R E
C B C E X B I Y A L P V R H K R O E K R X J S V
A Z R S U X P R O K A T K Z P M X C O K T T O I
N L L U U I D J H U A D P I X I U D G T U S I P
X P Z L N L O Z N P G R I K M L A R U D B Y Q H

bestfriend

friendship

happiness

bracelet

together

memories

laughter

forever

friends

always

learn

lucky

heart

sweet

tears

trust

share

play

live

true