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U-Turn
Parkinson's
monthly newsletter



A Message From Tim

Wow, August! It has been a whirlwind here at UTP this spring and summer. From April's Awareness Night at the Jets, to Dauda starting with us in May and the Walk to U-Turn Parkinson's in late May, to our move to Southdale CC in July, to the Ride for Parkinson's August 1st we have been on the move. This past weekend being a long weekend allowed the staff to take a collective deep breath and we are now ready to go.



We can't go forward though without taking a moment to express our profound gratitude to our sponsors of Team 81!

They are:

- Canadian Tire – Presenting Sponsor - Ride
- Manitoba Liquor and Lotteries – Presenting Sponsor – Bike Parade
- 680 CJOB
- True North Sports & Entertainment
- Naida Communications
- PCL Construction
- Robinson Wholesale
- CWB National Leasing
- Cardinal Capital
- Couture Klassen Capital Group
- Johnston Group
- Murray Auto Group
- Canoe Financial
- Boston Pizza

- Corpell's Water & Ice

What an impressive list of organizations that have seen the needs of our community and have collectively said it's important that U-Turn Parkinson's continue to be able to meet those needs. We are so honoured to have them support our cause. Please make sure you acknowledge their generosity when using their services.

I would like to give a special shout out to Kyle Connor, the Winnipeg Jets and True North Sports and Entertainment for the special role they play here at UTP! It is a special relationship that has developed where friendships are being formed and a true sense of caring for this community has developed. A sincere 'THANK YOU' to everyone who is involved with U-Turn Parkinson's!

May 24-27, 2026 in Phoenix, AZ is the World Parkinson Congress

The congress is held every three years and I have personally attended since 2013. It is simply amazing the education you receive from attending the congress. U-Turn Parkinson's is putting together a team to head to Phoenix next May and I would invite you along. To express your interest in attending email me at info@uturnpd.org and put WPC2026 in the subject line.

"The 7th World Parkinson Congress, also known as the WPC 2026, is returning to North America after ten years and will take place in Phoenix, Arizona. We invite members of the Parkinson's community to save the date and to plan to join us at one of the most uplifting fully inclusive international Parkinson's conferences. The WPC 2026 will open its doors to neuroscientists, clinical researchers, clinicians (MD, RN, NP, PA, SW), rehabilitation specialists (PT, OT, SLP, MT), nutritionists, people with Parkinson's, care partners and others.

If you are touched by Parkinson's personally, treating people with Parkinson's, or working to cure it, the WPC is a meeting to add to your calendar."

- [MORE INFO HERE](#) -

Stay tuned there is much more to come! From a new location on the Westside of the city, to new classes in Winkler, MB, to more opportunities to be involved in research. Parkinson's may be a relentless disease but I promise you we will be as tenacious in our work to #uturnpd!

Live Your Best!

Fundraising & Events



Dear Team 81 Riders, Bike Parade Participants, Sponsors, Volunteers and Supporters.

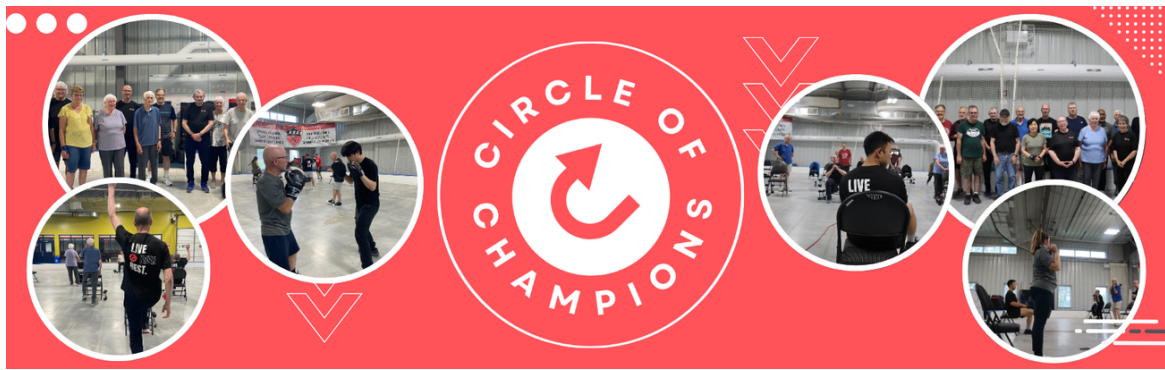
From all of us at U-Turn Parkinson's, **thank you for being part** of this year's Team 81 Ride for Parkinson's and Bike Parade!

Thanks to your incredible energy, commitment, and generosity, we raised over \$115,000 in support of free wellness programs for people living with Parkinson's. This milestone wouldn't have been possible without each of you.

To our Team 81 Riders, thank you for showing up with strength, passion, and purpose. To our Bike Parade families, you brought the joy, colour, and community spirit that made the day truly special. To our sponsors and donors, your contributions helped us go further on the road and in our mission.

Together, we're building a stronger, more hopeful future for people living with Parkinson's. We are so grateful to have you in our corner.





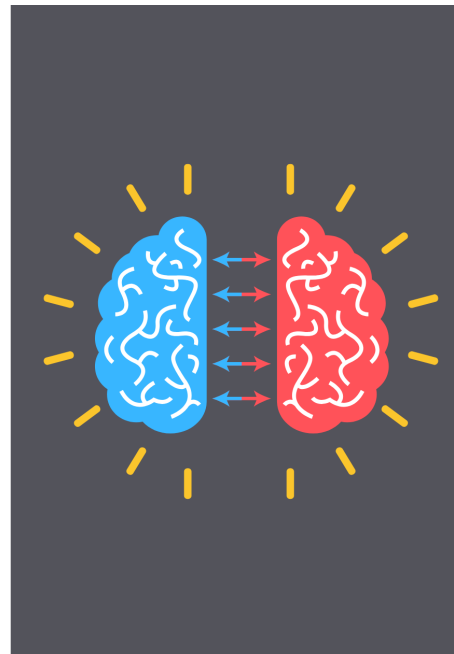
Our **Circle of Champions** is made up of donors, fundraisers, and partners who go above and beyond to support people living with Parkinson's.

Your dedication helps us deliver life-changing programs and build a stronger, more connected community. Thank you for being at the heart of the movement!

[Join the Circle](#)

Parkinson's Insights

**HARNESSING THE
POWER OF DUAL-
TASK TRAINING TO
BOOST BRAIN AND
BODY FOR PEOPLE
WITH PARKINSON'S**



Harnessing the Power of Dual-Task Training to Boost Brain and Body for People with Parkinson's

By: Tim Hague Sr. and Dauda Sulaiman Dauda

Living with Parkinson's disease (PD) can mean facing daily challenges related

to movement, balance, and often mental sharpness. But exciting new research from scientists led by Dr. Tony Szturm at the University of Manitoba's College of Rehabilitation Sciences in Winnipeg suggests there's a powerful way to train both your brain and body at the same time. It's called dual-task (DT) treadmill training, and combines walking on a treadmill while playing engaging computer games that challenge your memory, attention, and coordination.

Why Does DT Training Matter for PD?

Everyday activities like walking while talking, navigating crowds, or searching for items in your environment often require doing two things at once. In PD, mobility and cognitive problems can make these "dual-tasks" particularly difficult, increasing the risk of falls and limiting independence.

[Read more...](#)

Community Spotlight



Meet your instructor William Shen

1- *How long have you been an instructor at U-Turn Parkinson's and what attracted you to the opportunity?*

I've been an instructor for about a month and I was interested in being an instructor here because I wanted to do meaningful work. I moved to Canada because I wanted to challenge myself and continue improving as a Personal Trainer, and I believed I could do that at U-Turn Parkinson's.



2- *Which classes are you currently teaching and what do you think makes them great for those living with PD?*

I'm teaching two classes at Southdale, Power Stretch and Empower-U (Orange/Red), and one class at Portage, Empower-U (Green/Yellow). Our classes are all about balance and core control, which is important for day-to-day tasks. We also incorporate strength training to maintain the ability to do the things we love to do. When it comes to Parkinson's, maintaining strength and improving balance are incredibly important.

3- *What do you like most about being part of the U-TurnPD community?*

The people here are very kind. I can see that people are learning and benefitting from the programs here, which makes me feel fulfilled.

4- *Five Fun Facts About William*

1. I just moved to Canada one month ago, and I'm excited to explore this new chapter in life and meet people from different cultures.
2. I've been passionate about physical training and martial arts since childhood—I practiced Taekwondo for 6 years, and I've also trained in freediving and equestrian sports. I hold an Open Water Diver (OW) certification, and I've been consistently working out for over 10 years without a break.
3. Last year, I checked off a major bucket list item by traveling to Tibet and standing on a viewing platform at 5,000 meters elevation, looking out at the magnificent Mount Everest.
4. I come from a big family—my dad has nine siblings, and I have three older sisters, which means our family gatherings are always lively and full of stories.
5. I'm a true foodie—whether it's traditional Chinese dishes or Western comfort food, I'm always happy to try (and finish!) a good meal.

Meet your instructor **Tony Hill**

1. *How long have you been an instructor at U-Turn Parkinson's and what attracted you to the opportunity?*

I've been an instructor for 1.5 months. What originally drew me to instructing at U-Turn was that a friend was diagnosed with Parkinson's, and then a series of coincidences made me believe the universe also thought I should be an instructor.



2. ***Which classes are you currently teaching and what do you think makes them great for those living with PD?***

I'm currently teaching Empower-U(Green/Yellow) and Empower-U(Orange/Red). What makes these classes great for those living with Parkinson's is that classes address potential challenges arising from the disease. There's strength, balance, coordination, and endurance components in every class.

3. ***What do you like most about being part of the U-TurnPD community?***

The sense of community and helping people are the most fulfilling aspects of being a U-Turn instructor.

4. ***Share 3 to 5 fun facts about you!***

- 1- I was a firefighter with the Winnipeg Fire Department for 30 years.
- 2- I moved from southern Ontario to Dauphin, MB, when I was 11 yo.
- 3- Resistance training is my passion.

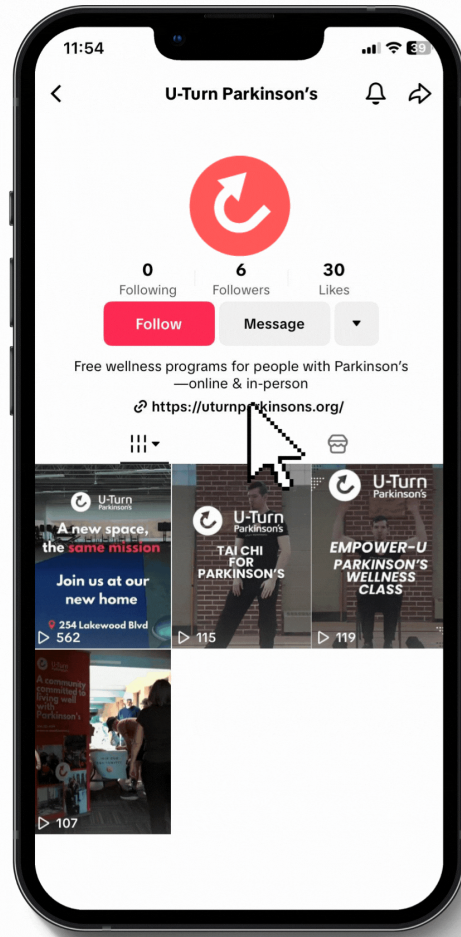
We're on Tik Tok!

U-Turn Parkinson's is now on TikTok, not just for fun, but **to share our mission, raise awareness**, and connect with even more people who care.

We know TikTok may not be your go-to app, but it's where **many caregivers, families, and advocates are**, and we want to make sure they hear your stories, see your strength, and join our movement.

Follow us, share with loved ones, and help us spread the word:

[tiktok.com/@uturnparkinsons](https://www.tiktok.com/@uturnparkinsons)



Helpful Resources for Living Well



University
of Manitoba



SOUGHT FOR A RESEARCH STUDY

Calling Volunteers with Parkinson's Disease

**NEUROSCIENCE RESEARCHERS FROM THE RADY FACULTY OF
HEALTH SCIENCES ARE CONDUCTING A CLINICAL TRIAL TO
EVALUATE THE BENEFITS OF BRAIN STIMULATION ON
IMPROVING COGNITION IN PARKINSON'S DISEASE**

For more information, please scan the QR code above or contact:

**Research nurse: Ms. Kelly Williams
Email: kwilliams3@mdc-dlc.ca
Phone: 204-940-8427**



A study conducted at Professor Zumbansen's lab
**Research participants
needed!**

Are you living with Parkinson's Disease?

We are looking for people with or without musical experience and
living with Parkinson's Disease.

Aim: To better understand music appreciation in Parkinson's Disease.

- 1 - 2 hours individually with a researcher
- Test your music and language skills
- Ask a family member about your musical tastes



Where?

Virtual (anywhere in Canada)

At your place (Ottawa, Gatineau, Montreal)

In-person (University of Ottawa, 200 Lees Avenue, Ottawa)

✗ You cannot participate if you have: uncorrected vision or hearing problem,
another neurological or psychiatric condition

Interested to join? Want to know more?

Please scan and leave your
contact information here:



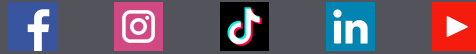
Or Contact Nina:
✉ nbaya063@uottawa.ca

We are so grateful for all funding provided to
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Visit Our Website

www.urnparkinsons.org

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PO Box 23036, Winnipeg, MB, R3T 5S3.

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