

Contact Us

Sign Up To Class

Donate



**U-Turn**  
Parkinson's  
*monthly newsletter*



## A Message From Tim

Welcome to December! It's hard to believe that the year has flown by already and we are knee deep into planning for 2026. I have had many of you comment about how big so many of our classes have gotten this year and you are correct. We are experiencing never before seen growth in our classes across the board. All of our offerings both in person and online have seen a serious uptick in participation.



I am personally thrilled that what we do is proving helpful to the Parkinson's community! So, to all you new folks at U-Turn Parkinson's let me extend to you a heartfelt - WELCOME!

It would be nice to say that we have had good success this past year and that because of that we can sit tight. However, the truth is there are many more who need the services, community and hope that U-Turn PD offers. Thus, in January, we will launch our services in the Pembina Valley in Winkler, MB, and we have a target date of September 2026 to launch classes in Regina, SK.

During this joyous holiday season, I hope you will celebrate with us the great opportunity we are being given to serve our community. It is indeed our great joy to provide services that are making a difference in the lives of so many.

There is so much happening at U-TurnPD right now! It is a great time to join a class and begin the journey of taking back a measure of control of your life! Continue reading and then check out the website for more information. I'll look forward to seeing you in class!

Live Your Best!

Tim

*PS – consider joining our Circle of Champions and help us U-Turn Parkinson's*

## Fundraising & Events



### It's Giving Tuesday!

Your donation today helps sustain U-TurnPD as we respond to an ever-growing number of people living with Parkinson's who need and desire our services!

Your kind support will help more people than ever before receive the tools they need to live strong, healthy lives with Parkinson's – for years to come!

[Give Now](#)



Looking for a gift for that hard-to-buy-for person in your life this holiday season? Consider one of these items that supports wellness programming for people living with Parkinson's!



### **Hilary Druxman Holistic Balance necklace (\$36)**

Proceeds from the sale of this necklace by Hilary Druxman go to support U-TurnPD's free-of-charge programming.

Learn more about the meaning behind this special design and purchase yours today at the link below.

[Purchase Here](#)



### **U-Turn Parkinson's Merchandise (\$30-\$60)**

Spread the word about U-Turn Parkinson's and look good doing it!

Visit our Southdale location at 254 Lakewood Blvd to see current sizes and purchase (NOTE: New sizes are expected to arrive the second week of December).

Email us at [info@uturnpd.org](mailto:info@uturnpd.org) if you are unable to visit during weekday hours.

[Contact Us](#)

### **Holiday e-Card (Any donation size)**

Dedicate a donation in honour of your loved one this holiday season with a beautiful e-Card!



Simply [make a donation online](#), select that you'd like to dedicate the gift, select 'Yes' when asked if you'd like to send an e-Card, and then make your e-Card choice! (If you'd like to print the card out to present in person, you can choose to send the e-Card to yourself).

[Donate in Honour Now](#)

## Programming Updates

Hi everyone,

Happy December to you! As I begin to reflect on this year, I am in awe at all that we've accomplished together.

In 2025 we:

- Saw 200 individual clients attending U-Turn Parkinson's every month,
- Moved to Southdale Community Centre and began hosting classes at Deer Lodge Centre and Focus Fitness to expand and grow our programming (and wow how we've grown!),
- Welcomed Stacey and Kierra to our Winkler instructing team and Cheryl, Tony, Evan, Lorisa, Vina and William to our Winnipeg instructing team,
- Received support from Krishna, Aabroo, Khris and Hannah as they completed student placements with us.
- And so much more!



It's a privilege to look around the room and see so many of you benefitting from this community. Thank you for showing up for yourself and for encouraging others along the way. I'd love for you to take a moment to reflect on all that you've accomplished this year too.

Whether it was the first year you really made an effort to live well with

Parkinson's, a really challenging year but you worked hard to stay consistent as much as possible or something in between, take a moment to be proud of how far you've come. We don't always achieve all of the things we had hoped to, but the actions you took to get you here are important and worth celebrating. We are so proud of all that you have accomplished this year!



## **We'd love to celebrate a wonderful 2025 with you at our Annual Community Holiday Potluck!**

Southdale Community Centre

Friday, December 12th

🕒 4:00 PM – 6:00 PM

RSVP here: <https://www.signupgenius.com/go/70A0A4CAFAF29A0FA7-60678694-holiday>

Bring a favourite dish or dessert to share (store-bought or homemade, both are welcome). We'll provide drinks, music and plenty of holiday cheer. We have space for you and one guest, please RSVP at the link above.

## **U-Turn Parkinson's Launches in Winkler January 14th!**

We're thrilled to announce that U-Turn Parkinson's will officially launch in Winkler on Wednesday, January 14th! We've hired a dedicated instructor to lead classes and can't wait to bring our Parkinson's-specific exercise programming to the Pembina Valley.



Assessments will be offered throughout December. Ensure you're on our [email list here](#) to receive the booking link for assessments and classes.

This is a huge milestone for our organization and another step toward making

evidence-based Parkinson's exercise accessible across Manitoba. Thank you for your support in helping us grow.

## Holiday Hours & Closures

Please note our holiday schedule: U-Turn Parkinson's will be closed and there will be no classes on December 24, 25, 26, 31 and January 1. All other days will run as usual.

Live Your Best!

Jordana

## Educational Content

### **I SWEAT, YOU SWEAT, WE ALL SWEAT: WHY GROUP EXERCISE WORKS**



**A celebration of community, connection, and the joy of moving together!**

By Tim Hague Sr. RN | Dauda Sulaiman Dauda, MD, MChir, FAPH, PMDPro

If you've ever finished a U-TurnPD class with a grin (and a good dose of sweat), you already know - exercise feels better together. Sure, the science says movement improves strength, balance, and mood for people living with Parkinson's - but the magic happens when we move side by side. When we show up, lace up, and move together, something magical happens. Group exercise isn't just about getting stronger or improving balance - it's about building connection, belonging, and joy through shared movement. At U-TurnPD, we see it every day in our boxing, dance, and strength classes: the power of sweating as one community...[Read more](#)

[Read Full Content](#)

# OUR COMMUNITY



RAY

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

My wife, Guylaine, was diagnosed in January 2020 with Parkinson's Disease and we had immediately joined a kickboxing training gym as we had read and had recently seen a documentary on how intense exercise including boxing had proven to help slow symptoms of PD. Just over a year ago, I was casually looking for a part-time semi-retirement opportunity after having shut down my company and saw an ad from U-TurnPD looking for someone to help start a dedicated boxing program. I wrote a letter to Jordana explaining our experiences thinking U-TurnPD & I may be a good fit. I have been an instructor for a year now.

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

I am an instructor for Empower-U Orange/Red, Empower-U Green/Yellow, Power Stretch, Boxing and Online Boxing. All classes offered at U-TurnPD consist of innovative thinking and adaptability based on constant research from U-TurnPD staff and instructors to provide programs/classes that challenge our members. I specifically like the Online Boxing class as it provides a service for people with PD who are incapable or unable to come to in-house classes, including those who live out of the city and/or province. I believe this is a vital service for the PD community. My hope is that more people respond to our awareness campaigns and take advantage of this incredible opportunity to participate. Come join us online!





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

The people. Sounds like a cliché answer but it really isn't. In the year that I've been here, I have developed relationships with the members and staff. We joke, we have fun, we have serious conversations. I am humbled to have been accepted as part of their community, as now I can say *our* community. I feel so fortunate to be in a position where I

can be of use to them. I'm grateful for the opportunities given to me and thankful to be a part of it. I love my job!

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

- I once was the one and only passenger on an Air Canada Airbus 737 flight from Quebec City to Toronto, Christmas Day in the early 90's. It was humorous and weird to have the captain say "Good morning Mr. Carriere, welcome to flight..."
- I worked with a startup company that revolutionized the optical industry where we had developed the first computerized lens cutting machine - today known as "one hour service" when you buy glasses. I was in charge of developing the U.S. market.
- I was in Washington, D.C. having a very late supper after a late client meeting at the bar/restaurant in my hotel when actor Tony Danza sat next to me. We had a good conversation, he was there to entertain the President of the day at that time.
- Apparently...I have a rather large shoe collection, and a rather large spring/fall jacket collection too!

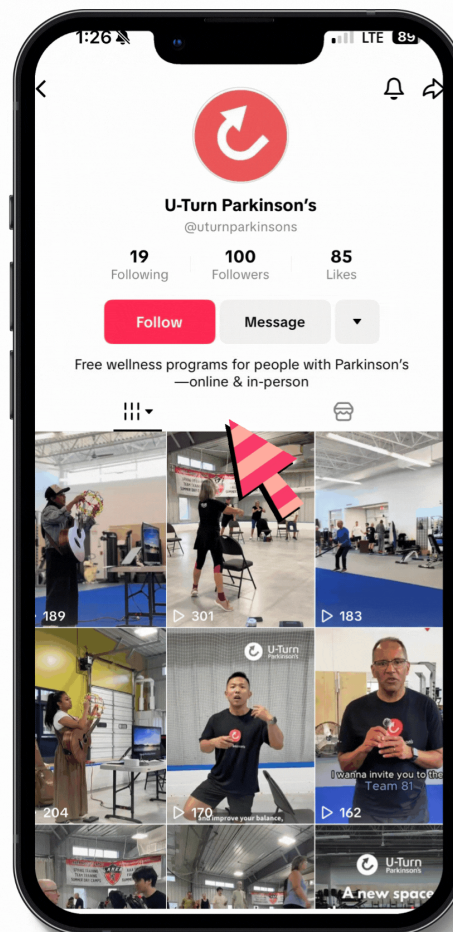
## We're on Tik Tok!

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](mailto:kwilliams3@mdc-dlc.ca)  
Phone: 204-940-8427

We are so grateful for all funding provided to  
**U-Turn Parkinson's**  
Sponsorship & Grants Provided by:



Government  
of Canada

Gouvernement  
du Canada

Manitoba 

Canada 



CONSEIL DES  
ARTS DU  
MANITOBA  
ARTS COUNCIL



TERRACON  
DEVELOPMENT  
LTD.

### Follow Us for More Updates



Visit Our Website

[www.uturnparkinsons.org](http://www.uturnparkinsons.org)

Our mailing address is:

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

Registered Charity #: 775822927RR0001

Want to change how you receive these emails?

You can [unsubscribe](#) or [manage preferences](#).

Copyright © 2025 U-Turn Parkinson's, All rights reserved.