

March 2026



U-Turn
Parkinson's
monthly newsletter



A Message From Tim

PEMBINA VALLEY VOLUNTEERS NEEDED!

I'm starting off a little loud this month because we've been looking and asking but have come up with very few volunteers for our very well attended classes in the Winkler/Morden area. If you love someone with PD or just love to serve, we could use your help. Call or email Jordana at 204-510-4869 or jordana@uturnpd.org. Thank you for giving of your time!

I swing pretty hard now from loud to mildly sheepish as I have an admission to make. It is not an easy one to tell you because, as you know, I am the winner of The Amazing Race Canada! I am the runner of marathons, the founder of a charity, a PD Avenger and athlete! I am not one to fall but I did this week.

It was a first and as you have maybe experienced or heard many times before, it came out of nowhere. I was walking around our kitchen island, picked up some dishes to take to the sink, turned, became dizzy (which is not uncommon), but what was different is that before I knew it plates were shattering and I was all but lying in the sink.

I really could not tell you what went wrong. I'm quite accustomed now to be a little dizzy from time to time. This began prior to my DBS and has been made mildly worse by my surgery. But this was a new moment that I've never experienced before. A full on, loss of control, fall on your face kind of moment. I should note that aside from a couple of small bruises I am fine.

So, why the self-disclosure of a mildly morbid story? It's a reminder to me and to you that this beast, Parkinson's, progresses regardless of who we are or who we think we are. It is a reminder that the smart ones among us learn to transition as we age and as the beast grows stronger. Because without a doubt we will get older and our PD will get worse.

It is a reminder to be honest with ourselves, to accept our reality and respond appropriately to it. For me this does mean that I'm not as free to drive as much or just whenever I want. Sheryl and I have had to transition this part of life. It's not been easy but we've worked it out because it's necessary. For so many good reasons!

Some of you at U-TurnPD have had that fateful conversation about transitioning from one colour of class to another. This is always a difficult conversation to feel that we are not functioning as well as we might like. I get it. It's how I felt 'lying in the sink' this week. But here we are. The most important question now is; 'What are you going to do?'

Do I get angry, give up, stop coming to class, become fearful or do I adapt. I choose to look at what I can do and still do well. There is so much I am still capable of and this one change is not going to take that away from me.

This is what it means to persevere. To meet every day's challenges honestly and head on. To be determined to live your best no matter what PD throws at you today.

See you in class!

Tim

Fundraising & Events



EmpowerED: Conversations for Living Well

Our first session takes place tomorrow, Tuesday, March 3, 2026 from 2 pm to 3 pm at Southdale Community Centre and online.

“Embracing Acceptance,” presented by Canadian Mental Health Association, will explore how acceptance can reduce emotional overwhelm, strengthen resilience, and support overall well being.

There is still time to join us. Registration closes soon.

Sign up through your class calendar or use the link below to reserve your spot today.



Hockey Night for Parkinson's Awareness 🤝🏒

Calling all hockey fans.

On Saturday, April 11, 2026 at 6:00 pm, the Winnipeg Jets face off against the Philadelphia Flyers at Canada Life Centre in recognition of Parkinson's Awareness Month.

This is more than a game. It is a chance for our community to come together, raise awareness, and stand behind those living with Parkinson's.

Even more meaningful, the evening's 50/50 proceeds will support U-Turn Parkinson's and the Movement Disorder Clinic, helping fund programs, care, and services that keep people moving and connected.

If you love hockey, this is your night. If you believe in movement as medicine, this is your moment.

Grab your tickets, wear your Jets colours, and be part of a powerful show of support both on and off the ice.

A promotional graphic for a stand-up comedy event. On the left, the text 'IN SUPPORT OF PARKINSON CANADA' is in small white letters above 'STAND UP FOR PARKINSON'S' in large, bold, white letters. In the center, a calendar icon is next to 'WEDNESDAY APRIL 8' in large white letters. Below that, a location pin icon is next to 'RUMOR'S COMEDY CLUB 2025 CORYDON AVE. WINNIPEG' in white letters, and 'DOORS OPEN 6:30PM' is at the bottom. On the right, a photo shows a woman with long brown hair, wearing a black tank top and light-colored pants, smiling and holding a microphone on a stage.

IN SUPPORT OF PARKINSON CANADA

**STAND UP
FOR
PARKINSON'S**

📅 **WEDNESDAY
APRIL 8**

📍 RUMOR'S COMEDY CLUB
2025 CORYDON AVE.
WINNIPEG

DOORS OPEN 6:30PM

Stand Up for Parkinson's is a special evening organized by stand up comedian Harriet Rosenbaum, with a portion of the proceeds supporting U-Turn Parkinson's programs.

Headlining the evening is Josh Adam Meyers, a high-energy comedian and musician known for his raspy voice, electric stage presence, and unpredictable crowd interactions. Josh has toured with Bill Burr, appeared on Netflix's Friends Who Kill, and performed at

major festivals like Just For Laughs and Bonnaroo. Learn more about him [here](#)

Event details:

 Wednesday, April 8

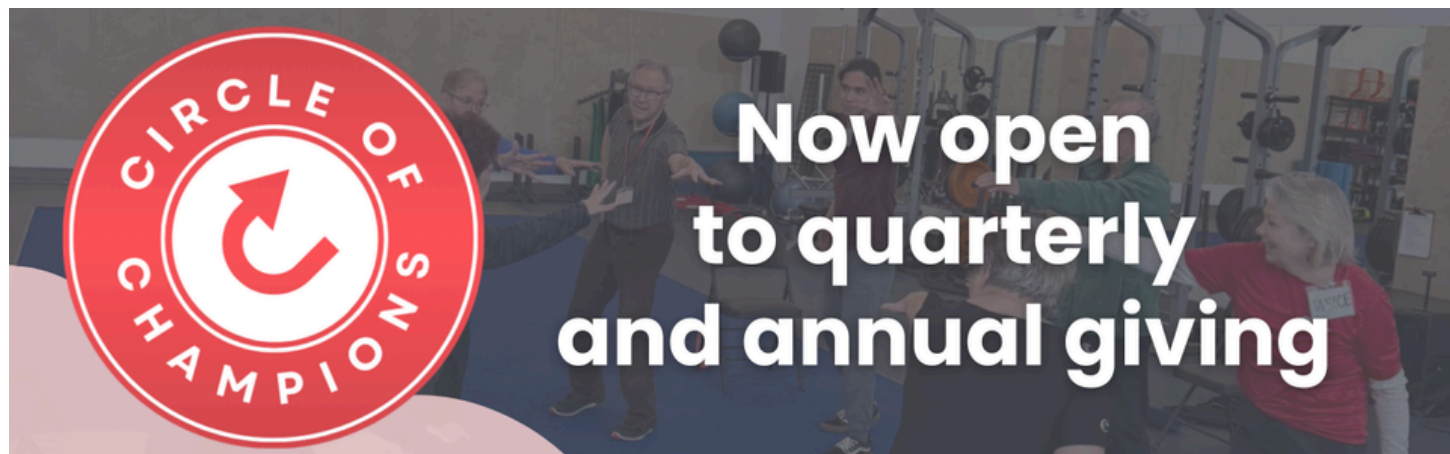
 Rumor's Comedy Club at 2025 Corydon Ave.

 Club doors open at 6:30 pm

 Featuring a 50/50 and silent auction, cash only

 Tickets are 20 dollars each and must be paid in advance by e-transfer at harriet.7@hotmail.com. You may also contact Harriet at the same email to coordinate your purchase.

Thank you to Harriet for leading this effort and supporting people living with Parkinson's.



We heard you!

The Circle of Champions program is changing!

At U-Turn Parkinson's we know we have a strong community of people who see the organization's needs and are dedicated to supporting our mission on a regular basis. We heard you – and recognize that even if you don't give monthly, you are committed to helping people living with PD to live their best.

That is why, the Circle of Champions program is now accepting members who choose to give quarterly or annually!

The Circle of Champions provides steady, reliable support that fuels our mission and ensures our programs remain free and accessible to all. By joining, you become part of a circle dedicated to building strength, connection, and hope for people living with Parkinson's — month after month, year after year.

To learn more or join the Circle of Champions click below:



10/10/10 Grand Camino: You Decide the Distance!

To celebrate 10 years of U-Turn Parkinson's, Sheryl and Tim are walking 10 km a day for 10 days, finishing the last 100 km of the Camino de Santiago.

Here's the twist, you choose how far they go!

Every donation supports free programs and services that help people with Parkinson's live well.

Join the journey. Donate today!



Celebrating 10 years of U-Turn Parkinson's with footsteps of courage and connection.

Check out this inspiring article from CHVN Radio featuring Tim Hague Sr. and Sheryl as they take on the final 100 kilometres of the legendary Camino de Santiago. In Living Beyond Parkinson's, Tim shares how faith, fitness, and community continue to shape his journey while celebrating 10 years of U Turn Parkinson's.

It is a powerful reminder of what is possible when movement meets purpose. Click below to read the full story.

[**Read Full Article**](#)

Programming Updates

Hello U-TurnPD Community,

Spring is around the corner and so is more opportunity to move, connect and live your best with Parkinson's! We are consistently growing and adding more ways for you to stay consistent this month.

New Classes Beginning in March

We are excited to expand some of our schedules with additional class options.

- In Winkler, we are adding a Wednesday Empower-U (Green/Yellow) class at 2:15 PM.
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- At our West Side location, we've added a Wednesday Empower-U (Orange/Red) class at 2:30 PM and a Saturday Empower-U (Green/Yellow) class at 1:00 PM.
-
- At Southdale, we've recently added both Dancing with Parkinson's (Orange/Red) and Tai Chi (Green/Yellow) to the schedule.

If you have been on a waitlist, hoping for more flexibility or looking to add another workout to your week, this is a great opportunity! Consistency matters. Frequency matters. The more often you move, the better your outcomes.

New Member Platform Coming

Big changes ahead! In March we will be transitioning our member platform from Mindbody over to PushPress. This means that there will be changes to the way clients register, sign up for class and book assessments.

We have been working hard behind the scenes to find a platform that is quick and easy to use, while also providing us with all of the back-end details we need to run programming. No action is required on your end yet – if you're an active client, we'll be in touch in the coming weeks to walk you through how to create your new account and book classes!

In the meantime, here are a few exciting things you can expect to see from the new platform:

- The Zoom link for online classes will now be available directly in your class calendar, eliminating the need to look through your email or save the link.
-
- You'll have an easy-to-use members app that will easily allow you to book classes, make changes and view your upcoming schedule.
-
- You'll get access to a private U-TurnPD dashboard where we'll be able to share pre-recorded workouts, additional tips and highlights from the week.
-
- You'll be able to message our staff directly in your members app to quickly solve any tech or class schedule issues.
-
- & more!

Stay tuned for further details in the coming weeks!

How to Get the Most Out of Your Classes.

We've compiled a quick list of tips to help you get the most out of your class:

- Consider using your chair for balance when needed so that you can safely challenge your range of motion and effort.
-
- Choose two sets of weights, one lighter for endurance-based exercises and one heavier for strength movements, so you can appropriately challenge yourself.
-
- When safe and appropriate, choose to stand rather than sit to improve balance, posture, and confidence.
-
- Focus on moving with intention and exaggerating your movements to create strong neurological signals.
-
- Introduce yourself to someone new and take a few minutes before or after class to connect, as the social component of exercise is just as important as the physical work.
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- Finally, let your Program Coordinator know your personal goals so that we can help you train with purpose.

We're here to help! If you have any questions, need help accessing online programming or are unsure which option is best for you, please reach out. We're available at 204-510-4869 or info@uturnpd.org

Jordana
Program Manager

Community Spotlight



1. How did you hear about U-Turn Parkinson's and why did you decide to join?

Movement has completely transformed my life. I recently recovered from vestibular balance challenges, which made me realize how much we take balance and mobility for granted. As soon as I recovered, I immediately started looking for volunteer opportunities online where I could serve through movement — and when I came across this community, it instantly clicked.

I felt drawn to be part of a space that builds strength, confidence, and resilience in such a meaningful way.

2. Tell us about your previous experience and/or education. What are you most excited to bring to our community?

I'm a certified personal trainer and nutrition coach. I help busy women over 30 build strength, improve metabolism, lose fat sustainably, and regain confidence through structured workouts and practical nutrition habits.

Before stepping fully into fitness, I helped manage and grow our family trucking business, which taught me discipline, organization, and consistency. I bring patience, encouragement, and a genuine passion for helping people move and feel stronger in their bodies.

3. What do you love most so far about the U-Turn PD community?

The positivity and resilience. The smiles during workouts. The way everyone supports each other — whether seated or standing. It's inspiring to see strength in so many forms.

4. Share 3-5 fun facts about yourself!

- I lost over 20kg through strength training and sustainable nutrition
- I train 4 days a week and love hip thrusts
- I'm a mom of two teenagers
- Volunteering fills my energy tank
- I believe fitness is about building strength for life — not just losing weight

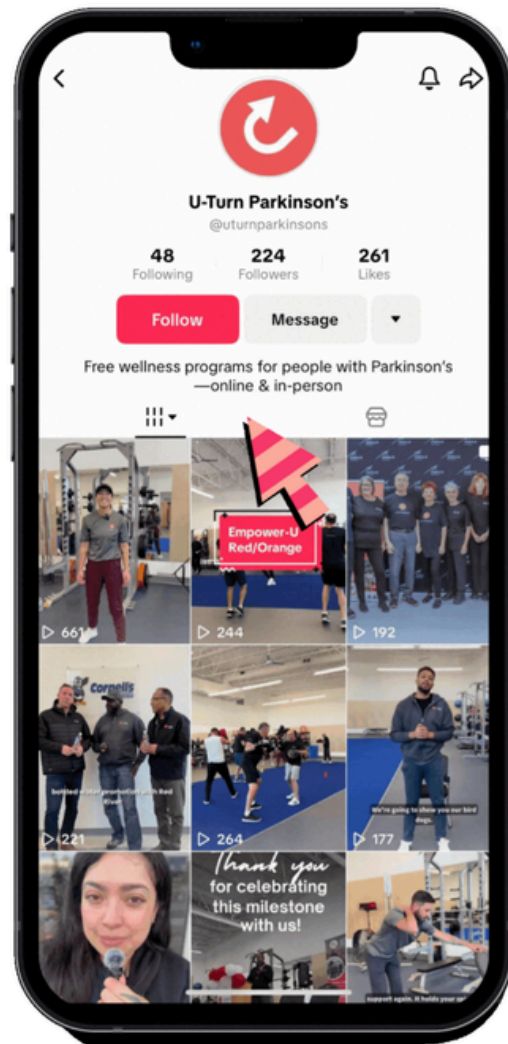
We're on Tik Tok!

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)





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

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Visit Our Website

www.uturnparkinsons.org

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