

September 2025

## **Parkinson's Disease and Movement Disorder Center Monthly News and Updates**

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Improv for PD is back this fall with  
another TEN WEEK session!

# Improv for PD

*Northwestern Medicine, in partnership with The Second City, is happy to bring you Improv for PD.*

**Date: 10 week series on Thursdays**

**September 18 – November 20**

**Time: 2:00-3:30 PM (CT)**

**Location: The Second City**

**230 W. North Ave**

**Chicago, IL 60614**

**Cost: \$150 for all 10 sessions**

Join us for our improvisational group for persons with Parkinson's and their care partners. You don't have to be a professional performer or comedian to learn improv games and have fun!

In this class, you will learn improvisational theatre exercises that benefit emotional, physical, and spiritual wellbeing. We hope that participants find their stress levels decreased and their laugh life increased!

Space for the group is limited. RVSP Required.  
Please contact Katie at [movementdisorders@nm.org](mailto:movementdisorders@nm.org), if you are interested in joining.

**Register Here**

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**Join us for Parkinson's 101 at  
Central DuPage Hospital!**

# Parkinson's Disease 101

## Program Description:

- An Introduction to Parkinson's disease, including diagnosis, common motor and non-motor symptoms, treatment and interventions. After the presentation you will have the chance to ask your questions!

## Program Objectives:

- This is a program for people newly diagnosed with Parkinson's Disease and their family members to learn more about Parkinson's disease.
- Learn about our team approach to Parkinson's disease and meet some members of the team.
- Participants will be able to meet others who are also newly diagnosed.

Registration is required.

Program will be a combined virtual/in person group

## Location:

Virtual and In-Person:  
CDH Inpatient Pavilion  
Conference room 1

## Registration:

Call: (630) 933-4234

## Register online:

In-person: [Classes, Events and Support Groups Parkinson's 101 IN-PERSON CDH \(nm.org\)](#)

Virtual: [Classes, Events and Support Groups Parkinson's 101 Virtual Online Webinar \(nm.org\)](#)

## Dates and Time:

March 6  
September 11  
4-5:30 PM

## Questions:

Debi Crystal, LCSW  
[Debra.crystal@nm.org](mailto:Debra.crystal@nm.org)

25 North Winfield Road, Winfield, Illinois 60190  
[nm.org](http://nm.org)

Join us on November 1st for our  
Annual Parkinson's Disease Patient  
and Family Symposium on  
November 1st!

# Parkinson's Disease Virtual Patient and Family Symposium

Saturday, November 1 | 10 am – 1:15 pm



Join us for our annual Parkinson's Disease Virtual Patient and Family Symposium, where leading experts will discuss advances in the research and management of Parkinson's disease (PD).

People diagnosed with PD, their family members, caregivers, friends and community members are welcome to attend.

There is no cost to attend this virtual symposium, but registration is required. On the day of the event, you will get an email with a link to join the session.

Register at  
[nm.org/pd-symposium](https://nm.org/pd-symposium)

## Parkinson's Foundation Center of Excellence

Northwestern Medicine Parkinson's Disease and Movement Disorders Center provides innovative, multidisciplinary care for patients and families affected by Parkinson's disease and other movement disorders. The center's care team works to promote health, education and support for patients. It also supports caregivers, family members, medical professionals and the community.

*Presented by Northwestern Medicine and the Parkinson's Foundation*



Northwestern Medicine  
[nm.org](https://nm.org)

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**Register  
here!**

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Join us at Parkinson's Foundation's  
Moving Day on October 5th!





## Event Details

Location: Lincoln Park Grove 2 \*NEW  
LOCATION\*

Time: 9:00 AM

Contact: Gabrielle Perruzzi, 847-230-7896,  
gperruzzi@parkinson.org

[For more information about Moving Day  
Chicago, click here](#)

[To Join Team Northwestern, click here](#)

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New virtual support group coming  
this fall!

# Grief and Loss Support Group

Northwestern University offers support groups patients and families who are being treated for movement disorders.

**Grief and Loss Virtual Support Group**  
**Starting September 2025**  
**First Tuesday of every month at 1 PM, CST**

**For registration and meeting link please  
email:**

[movementdisorders@NM.org](mailto:movementdisorders@NM.org)

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**New Parkinson's Support Group is  
coming to Orland Park in October!**

## PARKINSON'S SUPPORT GROUP

### *Beginning in October...*

A space for people with Parkinson's and their loved ones to connect, share, and support each other. Each month will look a little different – with open conversations, guest speakers, fun activities, and helpful tips for living well.

**When:** The second Wednesday of every month from 1:00-2:00pm

**Where:** 15300 West Ave, Orland Park –  
Conference Room B  
(Take elevator A down to floor G)

Email [kellie.reynolds@nm.org](mailto:kellie.reynolds@nm.org) to register

**Register  
here!**

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Support Lake Forest Hospital  
through their Race to Impact 5k  
event on October 5th!





Northwestern Medicine Lake Forest

# M5K

RACE TO IMPACT 2025

## Sunday, October 5

Join us for the 11th annual Northwestern Medicine Lake Forest NM5K Race to Impact. This special event offers a 5K or 1-mile walk option for participants, pre-race activities and a raffle you don't want to miss! Whether you want to run, walk, donate or sponsor, all are welcome.

### Location

**Northwestern Medicine Lake Forest Health & Fitness Center**  
1200 North Westmoreland Road  
Lake Forest, Illinois 60045

#### Race Day

8:00 am ..... Registration and  
check-in begins  
8:15 am ..... Racekick-off and warm-up  
8:30 am ..... 5K run start  
8:35 am ..... 1-mile walk start

#### Registration

ADVANCE ..... \$40  
DAY OF RACE..... \$50  
**Includes shirt and registration bag**

Your sponsorship, donation or participation helps provide preventive health care through wellness and medical fitness programs. Proceeds benefit patients with conditions such as heart disease, cancer and Parkinson's disease. Help us plant the Garden of Hope by purchasing a flower sign that will be placed at the event outside of Northwestern Medicine Lake Forest Health & Fitness Center.



For more information and to register, scan the QR code.



[nm.org](http://nm.org)

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## Shirley Ryan Ability Lab's Parkinson's Storytelling Program is returning this fall!



# Parkinson's Storytelling Program

## For People with Parkinson's and Caregivers

Living with Parkinson's disease or caring for someone who does comes with many challenges—but also powerful stories waiting to be shared. Our storytelling program is about connection, healing, and growth. Through guided workshops, we help participants find their voice, shape their stories, and share them in a supportive space. Whether you are living with Parkinson's or caring for someone who is, your story matters. Come share it with us.

### ABOUT THE PROGRAM

This is an 8-week program led by **Tekki Lomnicki**, Artistic Director and Founder of **Tellin' Tales Theatre**, and it includes:

- 6 virtual storytelling sessions
- 1 in-person or virtual dress rehearsal
- 1 in-person or virtual performance

#### Group 1: People with Parkinson's

- **Start Date & Time:** Tuesday, October 7, 2025 from 6:30pm-8:30pm
  - Weekly meetings on Tuesdays until November 11<sup>th</sup>
- **Performance Date:** Sunday, December 7<sup>th</sup>, 2025

#### Group 2: Caregivers

- **Start Date & Time:** Tuesday, January 13, 2026 from 6:30pm-8:30pm
  - Weekly meetings on Tuesdays until February 17<sup>th</sup>
- **Performance Date:** Sunday, March 8<sup>th</sup>, 2026

LET'S LIFT EACH  
OTHER UP—ONE TALE  
AT A TIME

Register by scanning the  
QR code



For questions, reach out to  
**Eric Espinoza**,  
[eespinoz02@srnlab.org](mailto:eespinoz02@srnlab.org)



Click here to read Shirley Ryan Ability  
Lab's Summer Program Summary

## Research Corner

New Stem Cell Based Research Study is  
coming soon to Northwestern!

**No Time to Waste**

exPDite-2 is a double-blind, simulated surgery-controlled phase 3 study evaluating the potential efficacy and safety of an investigational cell therapy called bemdaneprcel (bem-danepro-cell).

### About bemdaneprcel

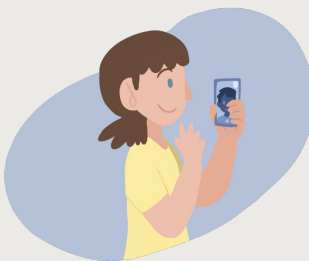
#### How is bemdaneprcel created?

BlueRock has developed a way to engineer dopaminergic neurons from stem cells. Bemdaneprcel contains the early form of these dopaminergic neurons, which are implanted in an area of the brain known as the putamen.

exPDite-2 will evaluate whether bemdaneprcel is effective in replacing lost dopaminergic neurons in people with Parkinson's disease to improve motor symptoms and quality of life. In the phase 1 study, bemdaneprcel was well-tolerated.

[Learn more about this upcoming study at this link.](#)

**Click here to learn more about ongoing research at Northwestern.**



## Virtual Support Group and Class Schedule

We use Zoom for all our support groups!  
Some classes meet in person.

Register for any of the groups and classes [here!](#)

General PD Support Group  
1st Wednesday of the month  
1:45pm- 3:00pm

Women and PD Support Group  
2nd Wednesday of the month  
11:00 am – 12:00 pm

PD Care Partner Support Group  
Virtual: 2nd Wednesday of the month, 2:00 pm – 3:30 pm

In-person: 4th Wednesday of the month, 1:00 pm- 2:30 pm

Therapy Tuesdays Exercise Class  
1st Tuesday of the month  
11:00 am – 12:00 pm

Chair Yoga for PD  
2nd, 3rd, 4th (and 5th)  
Wednesday of the month  
11:00am – 12:00pm

Art Therapy for PD  
3rd Monday of the month  
10:00 am – 11:00 am

Improv for PD  
Thursdays 2:00pm- 3:30pm

Young Onset PD Support Group  
4th Wednesday of the month  
6:00 pm – 7:00 pm

Grief and Loss Support Group  
1st Tuesday of the month  
1:00pm- 2:00pm

PD 101  
May 21st and November 19th  
4:00 pm - 5:30 pm

Dancing w/ Parkinson's  
TBA

September 18-November 20

PD 201  
July 16th and October 15th  
4:00 pm- 5:30 pm

Parkinson's Players Golf & Tennis  
Tuesdays beginning 6/10/25  
Tennis: 4:00pm-4:50pm  
Golf: 5:00pm- 5:50pm

Music Therapy for PD  
Tuesdays 1:00pm- 2:00pm  
September 2 - November 18

For a complete list of our groups and classes, including those offered at Central DuPage and Lake Forest Hospitals, click [HERE!](#)



## UPCOMING NATIONAL EDUCATIONAL PROGRAMS

**PD HEALTH @ HOME** (National Virtual Programming)  
Don't forget our weekly (M, W, F) virtual programming that focuses on Mindfulness, Wellness and Fitness! Our PD Health @ Home offers so much! To learn more visit this link: [Parkinson.org/PDHealth](https://Parkinson.org/PDHealth)

**Care Partner Conversations- September 3rd**  
Led by care partners, these webinars will bring together spouses, partners, family members, and friends who provide care—or anyone interested in learning more about caregiving and Parkinson's disease. [Register Virtual](#)

**Mindfulness Mondays: Mental Wellbeing- September 8th**  
In sessions with Dr. Rush, we explore different dimensions of a mindfulness practice. She will share ways to ground and settle the mind and body. [Register Virtual](#)

**Wellness Wednesday: Expression with Shakespeare-**



[September 10th](#)

Join us for a unique and uplifting Wellness Wednesday experience that blends the timeless beauty of Shakespearean poetry with the healing power of breath, voice, and creative expression. [Register Virtual](#)

As a reminder, the Foundation has a variety of resources available to support you and the PD community, including:

[HELPLINE:](#) 1-800-4PD-INFO (473-4636)

or [helpline@parkinson.org](mailto:helpline@parkinson.org)

[PD Conversations](#) an online PD community, to connect with others living with PD and be part of a network of support.

[Newly Diagnosed Kit](#)

[Medical Alert Card](#)

[Fact sheet: Staying Safe in the Hospital with Parkinson's Disease](#)

[Tips for How to Prepare for a Telemedicine Appointment](#)

[Hospital Safety Guide](#)

[Podcasts](#)

PARKINSON'S DISEASE AND MOVEMENT DISORDERS CENTER

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