



HPA EXERCISE DAY 2021

SUNDAY, NOVEMBER 14

9:00 AM – NOON

*“In Memory of Russ Boyer”
(December 1938 – August 2021)*

Put on your work-out clothes and join in the HPA Exercise Day for a day of virtual fun, fitness and fundraising.

Looking for new & interesting exercises? Come on out and try one of the other programs scheduled.

The Exercise Day is HPA’s main fundraiser for 2021.

All funds stay in Hawaii to support HPA programs.

Visit go.rallyup.com/hpawalk2021/Campaign/Details to give a tax-deductible donation or to register for the event

Note: Zoom link and instructions will be provided the week prior to the event.

The **Hawaii Parkinson Association** (HPA) is a non-profit **volunteer** group comprised of people with Parkinson's, caregivers, family members, health care professionals, educators and leaders in the business community. The Hawaii Parkinson Association was first established in 1996.

HPA Exercise Day 2021 Schedule of Events

- 9:00 AM - Welcome / Opening Remarks
- 9:20 AM - **Big Moves** with Glen Higa
- 9:30 AM - **Dance** with Marie Snyder
- 9:40 AM - **American Ninja Warrior Workout** by Jimmy Choi
- 10:05 AM - **Tremble Tones Ohana Performance**
- 10:15 AM - Break
- 10:30 AM - **Jujitsu** with Leighton Chong
- 10:40 AM - **Occupational Therapy**
- 10:50 AM - **PWR!** With George Ma
- 11:00 AM - **Chair Exercises**
- 11:00 AM - Break
- 11:15 AM - **Rock Steady Boxing** with Coach Eiichi Jumawan
- 11:25 AM - **Yoga** with Lindsey Sutton
- 11:35 AM - Fundraising & Volunteer Awards, Raffle Prizes
- 11:51 AM - **Hula**
- 11:58 AM - Closing Remarks

**Hawaii Parkinson Association
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