

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org)

They shall never cease to be entertained.

**DATE: November 4, 2023**

**TIME: 1:00PM**

**Program: Pedal for Parkinson's 2023**

**Location: RiverPlex Recreation and Wellness Center  
600 Northeast Water Street, Peoria, IL 61603**

**Please Note the Change of time and location for the November meeting  
November 4, 2023. At 1:00PM  
A lite snack will be available.**

45 People joined us for a Program by Cherian Karunapuzha, MD  
And Lunch at Johnny's Italian Steakhouse 101 Holiday Drive East Peoria.  
For our October meeting Thanks to **KYOWA KIRIN**.



Follow us on Facebook,

<https://www.facebook.com/centralillinoisparkinsonssupportgroup>

Keep up to date with everything from our support group at our website.

<https://www.cipdsupportgroup.org/>

For more information feel free to Contact Roger at [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org)  
or (309)219-1210

# PEDAL FOR PARKINSON'S

A Fundraising and Awareness Event Sponsored by  
Central Illinois Parkinson's Support Group

To Support the Cause of  
Central Illinois Parkinson's Support Group



Use the QR Code  
to make a quick  
and easy Donation

Saturday November 4, 2023  
1:00 - 4:30 pm  
River Plex  
Recreation & Wellness Center  
600 NE Water St. Peoria, IL

Welcome and opening  
Roger Halleen

A Presentation by  
Mitch Forrest  
Central Illinois  
Agency on Adging

Bill Bucklew

Dr. El Kouzi  
Director of the Parkinson's  
Disease Center at SIU Medicine



Visit [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org) for more information

Pedal for Parkinson's is just around the corner, this is one of the biggest fundraisers that Central Illinois Parkinson's Support Group puts on during the year.

Funds raised at this event allow us to do events like the Baseball game and PD Camp and keep the cost down to our members.

Included with this Newsletter is a form for getting donation, please talk to your Family, Friends, Neighbors, Co-Workers or any other people that you can think of.

Donation can be  
made here



[https://www.paypal.com/donate/?hosted\\_button\\_id=D3AAMQLY7WVS2](https://www.paypal.com/donate/?hosted_button_id=D3AAMQLY7WVS2)



Ahmad El Kouzi, MD, is an Assistant Professor of Neurology and Movement Disorders at Southern Illinois University School of Medicine. He earned a medical degree from Beirut Arab University in Lebanon and completed a residency in Neurology at Southern Illinois University School of Medicine. He completed fellowship training in Movement Disorders at the University of Florida.



Bill learned he had Parkinson's disease in 2012, after 7 years of misdiagnosis, at the age of 43. Then, shockingly Bill's father Bob was diagnosed with Parkinson's in 2014 and his Paternal grandfather was believed to have it as well.

Bill has found incredible personal success in living well with

Parkinson's, by optimizing lifestyle factors, such as exercise intensity, nutrition, optimism & activism, sleep and social interaction, Bill now dedicates his time to unique campaigns and sharing his experiences.

Donate at [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org)



# PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S. I will be riding a stationary bike for 15 minutes \_\_\_\_\_ or 30 minutes \_\_\_\_\_  
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name .....

Address ..... Phone .....

	Name	Address	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				

Make checks Payable to **Central Illinois Parkinson's Support Group**

