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**FOR IMMEDIATE RELEASE**

**Wednesday July 6, 2022**

**FREE MENTAL AND PHYSICAL FITNESS CLASSES**  
**FOR PEOPLE WITH PARKINSON'S AND THEIR CAREGIVERS!**

**LOCAL PARKINSON'S NON-PROFIT AWARDED COMMUNITY GRANT OF \$17,000**

JAX HOPE INC. is a North Florida based non-profit, 501(c)3 whose mission is to promote community and provide educational resources and services for people with Parkinson's disease and their care partners to assist them to fight back against the daily symptoms and known path of this disease. JAX HOPE INC. serves as an umbrella over multiple programs including: the First Coast Parkinson's Newsletter, Let's Get Physical - Mental and Physical Fitness program, the Bill Wilson Parkinson's Resource program, and the Support Group Assistance program.

Thanks to the Parkinson's Foundation, JAX HOPE INC. has been awarded a community grant of \$17,000 to put towards their mission of empowering those living with Parkinson's and their care partners. The community grant will support JAX HOPE INC. (501c) to provide professional speakers, mental health classes, and Parkinson's specific exercise classes to Florida support groups reaching persons with Parkinson's disease who are currently under-served. These classes will be offered at local support groups, both in person and virtually. There will be no charge to attendees of these support group classes due to this grant.

JAX HOPE INC. President, Jennifer Otero, said, "This is a truly exciting time for JAX HOPE INC. This grant has a far reaching impact to hundreds of members of the Parkinson's community across the region. Those who have been affected the most over the last few years, will now have a renewed sense of hope by having access to mental and physical fitness classes without the concern of a financial burden. The lasting impact will be felt for years to come. This has been made possible through this grant from the Parkinson's Foundation."

For those interested in learning more about the resources and support offered by JAX HOPE INC., please email [support@jaxhopeinc.org](mailto:support@jaxhopeinc.org) or look at our website [www.jaxhopeinc.org](http://www.jaxhopeinc.org). More information on new and improved programs will be rolled out to the website and social media pages as they become available.