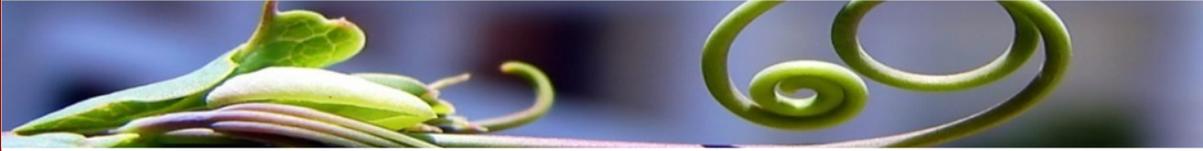


P A M E L A Q U I N N
movement consultant for people with
PARKINSON'S DISEASE



Dear Friends,

Thank you for your responses to my ideas and the poetry of Joy Esterberg, Marsha Abrams and Leonore Gordon - all coming from the heart. I'd like to share with you one email that had special resonance: it's from Jeanine-Young Mason, author of *The Patient's Voice*. She quotes a contributor, Allan Macurdy:

"After nearly 35 years, my relationship with muscular dystrophy, like any other long-term relationship, has grown exceedingly close and complex. We have forged a bond as fellow travelers, and traveling the road together has taught me to fight but also to cherish life and the people who give life meaning. For a long time I believed that the disease could not be real if I refused to acknowledge its existence - if I kept it out of sight. But I have always known my disease-companion to be close by, waiting just beyond my vision. Now I find that I prefer to invite my companion into the light of the fire than search for his eyes in the dark."

Thank you all,

Pamela Quinn

Visit my [website](#) for more information



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