

STEP FORWARD 2018 HONOREES



Wellness & Health Honoree

Recognizes a person or organization whose passion for wellness has made a positive impact in the Parkinson's community.

Sterling Painton and Frank Williams

Owners/operators of Sterling Yoga–Sterling and Frank have both been leaders in Parkinson's wellness for 13 years. Their studio in Scott Township (formerly in Dormont) has a loyal following. Their energy and commitment to movement, wellness and health is evident in all they do. They have worked with so many in our Parkinson's circle; and have inspired people to make wellness and movement a lifestyle and not just a "class." They are both good role models of strength and compassion.

Patient/Family Honoree

Recognizes a patient and/or family who inspire others to approach PD challenges well-informed and motivated to seek help

Dave and Grace Caves

Dave and Grace live in Kittanning. We met the Caves at the 2015 Living Well Conference which was the year when Dave was diagnosed with PD. Dave and Grace asked how they could help. It didn't take long for them to make a mark. In March of 2016, they started the Kittanning Support Group, and their leadership has ensured group vitality and growth. They also worked to establish a Delay the Disease Exercise Class at the Kittanning YMCA.

Dave and Grace are generous, compassionate and fun-loving people. They work on behalf of PFWPA not only because Dave has PD, but because they strive to instill hope in others. Their Gait Keepers' Step Forward Team, established in 2016, makes it mark at our event; they often borrow a van load of PD friends to various PFWPA events.

Corporate Partner

Recognizes a business partner who has generously supported our mission and community

Medtronic Inc

Medtronic Pharma have been associated with the Foundation for over 10 years. They are skilled in their interactions with patients undergoing DBS and have compassion for those impacted by Parkinson's. They also are quite generous and have given loyal support to both Step Forward and Living Well with Parkinson's conference.