



Dedicated to the many coaches who commit themselves to helping those with Parkinson's live vibrant, empowered lives, Eyes Up is more than just a song—it's a tribute. These coaches are not simply instructors; they are the steady hands and compassionate hearts that bring strength, hope, and connection to every class, every rep, every moment. Their encouragement becomes a lifeline, reminding fighters that they are not alone.

With every beat and lyric, Eyes Up echoes the resilience of the human spirit and the transformative power of purposeful movement. It celebrates the selfless investment of time, talent, and love these coaches pour into others—turning struggle into strength, and fear into fierce determination.



Colleen Bridges, owner and director of Bridges for Parkinson's, a Parkinson's Disease fitness and wellness center, found the perfect fit in one of her own fighters, Rich Gootee. Rich, an award-winning singer/songwriter, knows all too well the constant and daily struggles as he was diagnosed with Parkinson's disease in 2018. Colleen's experience, research, and regular boxing classes have helped Rich and many others discover the fight within themselves to overcome the otherwise debilitating effects of Parkinson's disease. Together, Colleen, Rich, and their team have grown the music idea into an effort to help even more fighters find restoration and hope by raising funds so that Bridges For Parkinson's services will always be available to anyone living with Parkinson's and their Care Partners, regardless of financial situation.



CALL ON THE FIGHTER

Serving as an anthem for everyone battling Parkinson's Disease and other significant life challenges, "Call on the Fighter" stands as a rallying cry to summon the fighter within, celebrating the courage and determination that drive us to overcome life's toughest battles.



YOU ARE NOT ALONE

Filled with heartfelt emotion, "You Are Not Alone" offers a profound message of empathy and unity. This song is a testament to the enduring power of compassion, resonating with the universal truth that together, we can overcome any obstacle.

BridgesForParkinsons.com

Class Locations: 2424 21st Avenue South, Suite #100, Nashville, TN 37215 | 130 Seaboard Lane, Suite A4, Franklin, TN 37067