

# NEWS LETTER

JULY 2023



## PARKINSON AWARENESS

We are delighted and thankful for the support Jan-Ove Waldner has been adding to our cause. Jan is a Swedish, Olympic champion and table tennis legend.

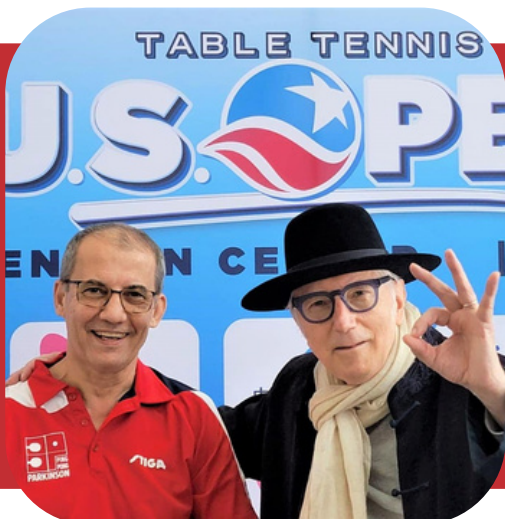
" Table tennis stimulates the brain and can counteract Parkinson's disease. I support PingPongParkinson® Sweden "

It is estimated that in the EU, Parkinson affects nearly 1.4 million people. Increasing awareness on PD is critical. Every voice, every action & every spokesperson helps!

## PINGPONGPARKINSON®

We will be joining the global Parkinson community at the 6th World Parkinson's Congress that will take place from 4th to 7th July 2023 in Barcelona, Spain.

From 5th to 6th July, we will be at La Mar Bella Municipal Sports Complex in Barcelona sharing about our movement and hosting the PingPongParkinson® Sport Therapy Program. On July 5th 2023 we will be joined by a special guest - Mr. Francesc Solans, Vice President of CTTBORGES. The event will take place from 7:00pm to 9:00pm.



## PING PONG & PLANET

The USA Table Tennis Nationals will be happening in Fort Worth, Texas from 3rd to 7th July 2023. This year marks the second time that the national competition is open to people with PD in the USA.

PingPongParkinson® successfully lobbied for this inclusion of people with a Parkinson diagnosis in 2022, making it the first time in history for such an achievement.

We would like to thank USATT for their support towards this and encourage everyone to go watch the game!

# July Newsletter Edition



## Ping Pong for Parkinson



### Parkinson's Research - What's the connection?

There is a steady interest in discovering the medical connection between playing ping pong & the improvement in mood, balance & gait among other conditions that are witnessed when someone has Parkinson. A journey of restoration and learning through our sport therapy program never assures that it will be easy - but you are never alone.

We understand the important need to belong where one is understood, and the challenges anyone with a Parkinson diagnosis faces. As we continue to expand our programmatic reach we are engaging more with the medical community.

For example in Germany alone, there is an estimated 400,000 people affected by Parkinson.

In the past 2 months, we have made presentations at the Heidelberg University led by Thorsten Boomhuis and Nenad Bach, and at the Esslingen hospital led by Uwe Kalkhoff to contribute to Parkinson research, therapy and care forums in Germany.

### Dr. Elana Clar - New Jersey, USA

We would like to thank all the leaders in our teams, from Germany to Slovenia, from Japan to the USA and all across the world for the special determination and motivation you bring to support others and progress our work.

This month, we celebrate Dr. Elana Clar who is one of the leaders in our New Jersey class that meets at River Edge, New Jersey every Tuesday evening. The media team from NJ.com visited the venue and interviewed Dr. Elana and Roben Seltzer; one of the weekly participants. More of the story is available on our Facebook page.



### PingPongParkinson® World Championship Gears Closer

Our annual world championship represents our fighting spirit, the inner voice that keeps us going and gives us hope to defeat PD every day. When we meet together it is a celebration of how much further we have come. We look forward to hosting you in Austria for the 5th edition of the PingPongParkinson® World Championship (PPPWC 2023).

We have received entries from over 20 countries and 310 players have signed up to participate.

♥ [Register online](#)

