

PingPongParkinson®

Westchester Table Tennis Center

175 Tompkins Avenue

Pleasantville, NY 10570

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www.pingpongparkinson.org

www.pingpongparkinson.com

Dear Table Tennis and Parkinson's communities,

PingPongParkinson® is a global movement and not-for-profit organisation that provides information, guidance and a network of support and inspiration to table tennis clubs, coaches and volunteers who wish to encourage people with Parkinson's to participate in table tennis for the purpose of enjoyment and relief from their symptoms. PPP was established 8 years ago by Nenad Bach and is now in 26 countries. Australia became the 25th country when we began the first chapter in Hervey Bay, Queensland, in September 2024. At PPP, we refer to "Parkinson" without the apostrophe s - this symbolises that together we feel empowered and have conquered the fear of PD.

Nenad Bach is visiting Australia in April and May 2025 to talk about Parkinson and the benefits of table tennis, as illustrated by his personal story and scientific research into table tennis and PD, and the benefits of racquet sports for people with neurodegenerative conditions. Inspiration and information about PPP can be found in the links below.

Are you interested in finding out more about PingPongParkinson and how easy it is to establish a chapter? You could help people with PD to reduce and even reverse their symptoms. We are always eager to share success stories, resources and ideas on how to get started. This can be via a phone or video call or potentially a visit to your venue. PPP can help you reach out to others who might like to participate or help you run a chapter. We can also help you plan and promote a pilot session to test out local interest and your own capacity to facilitate PPP.

Attached to this message is a flyer for a come-and-try PingPongParkinson event happening near you. We hope you will come along for the free session and the opportunity to meet Nenad in person and that you will feel motivated to be part of PingPongParkinson, whether as a participant or volunteer.

Please be inspired by PingPongParkinson and Nenad's story via the links below and contact me if you are interested in finding out more. We also encourage you to share this information widely.

Kind regards,

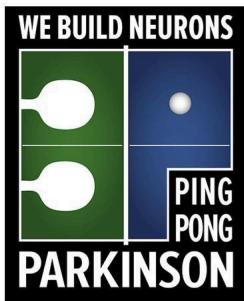
Helen Halford

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[PingPongParkinson World Championship Wels, Austria highlights 2023](#)

[ESPN Outside the Lines - Nenad Bach and PingPongParkinson](#)

[Ping Pong vs Parkinson: Uncommon Solution - TEDxZagreb](#)

[PingPongParkinson Training Session](#)

[How Ping Pong is Changing Lives - Game of Hope](#)