

WEEKLY 'PARKINSON'S NIGHT' HOSTED BY WESTCHESTER TABLE TENNIS CENTER



Will Shortz

Nenad Bach

PLEASANTVILLE, NEW YORK, February 20th, 2017- The Westchester Table Tennis Center seeks to raise awareness for Parkinson's disease and improve health of those diagnosed by hosting a Parkinson's Night every Wednesday at 7:30 pm, starting on March 1st, as part of the 'Ping Pong Parkinson' campaign.

Will Shortz, owner of the center, crossword editor of the New York Times, as well as puzzlemaster for NPR, and Nenad Bach, a Croatian American recording artist, composer, performer, producer, and peace activist, are both avid ping pong players. They have joined hands to use ping pong to combat the scourge of Parkinson's disease.

Nenad, who is part of a Michael J. Fox Foundation program giving samples for research, was diagnosed with Parkinson's six years ago. Last year Nenad started playing ping pong at the Westchester Table Tennis Center, in Pleasantville, N.Y., about 30 miles north of New York City. Nenad noticed that playing ping pong twice or three times a week lessened his Parkinson's symptoms. His doctor noticed, too.

The National Parkinson Foundation states that exercise has "been shown to have positive effects on symptoms for people with Parkinson's." Ping pong may be especially good for patients, because it exercises so many parts of the body and the brain, while reinforcing timing, rhythm, and balance."

Everyone is welcome. The cost is \$10 to play. Paddles and balls are provided.
For those with Parkinson's disease, first meeting is for free.

About Parkinson's Disease:

Parkinson's is a disorder of the nervous system that affects movement. According to the Parkinson's Disease Foundation, "as many as one million Americans live with Parkinson's disease, which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy, and Lou Gehrig's disease." It goes on: "More than 10 million people worldwide are living with Parkinson's disease."

About The Westchester Table Tennis Center:

With 19 tables, the Westchester Table Tennis Center is one of the largest table tennis facilities in North America. It is also an international intellectual hub, with people from all walks of life, and of all ages, coming from all over the world.

For more information on Parkinson's Night, please call Nenad Bach at +1 (914) 271-7771, or e-mail Nenad@NenadBach.com. For information and directions to Westchester Table Tennis Center, see www.westchestertabletennis.com.

Advisory board:

Dr. Stephen Frucht, Dr. David Russell, Dr. Art Dubow, Dr. Ivo Bach, Robert Fuhrer, Joel Levinson

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