

PingPongParkinson® Returns to North Jersey Post-Pandemic

Grand re-opening July 16 with Olympic and two-time World Cup table tennis champion Zoran Primorac



The pandemic was particularly difficult for people with Parkinson's because of the restrictions on social and physical activities that it necessitated. One particularly fun and therapeutic opportunity that COVID nearly erased is PingPong Parkinson (PPP), a non-profit organization established in 2017 to improve the symptoms and quality of life of Parkinson's patients through the game of table tennis.

PingPongParkinson made its debut in North Jersey in January 2020, just weeks before the pandemic set in. Unfortunately, the table tennis club that hosted the non-profit eventually had to close its doors permanently. However, a new home has been found at Ready to Golf (RTG). The indoor golf range in River Edge has recently added 14 table tennis tables to its 90,000 sq ft facility and offered to sponsor PPP. Though newly established, they will be entering the scene as one of the largest table tennis centers in the state of NJ.

To celebrate PPP's return to North Jersey, a grand re-opening has been planned for **Friday evening, July 16**. Seven-time Olympian and two-time World Cup table tennis champion Zoran Primorac will be on hand to guide patient/players, as will Nenad Bach, the Founder of PPP, neurologist Dr. Elana Clar and neurosurgeon Dr. Hooman Azmi from New Jersey Brain & Spine, and neuropsychologist Dr. Elizabeth Kera from Hackensack University Medical Center.

Thanks to the generous sponsorship by RTG and Abbott, there will be no admission fee for this exciting launch, and refreshments will be provided on site.

Weekly classes led by Dr Clar and Dr Kera will be held every Thursday evening at 6:30 pm beginning in August.

More information coming soon at: <https://www.pingpongparkinson.org/> or <https://www.instagram.com/readytogolfnow/>

What: PingPongParkinson

Where: Ready to Golf

3 New Bridge Rd, River Edge, NJ 07661

609.388.7728

<https://www.readytogolf.com/>

When: Friday, July 16

6:30pm ET

About PingPongParkinson

Restorative and fun, ping pong is a therapeutic exercise that has been shown to improve the quality of life of Parkinson's patients. Based on the concept of neuroplasticity- the brain's capacity to make new neurons and connections through challenging physical exercise- the PPP method benefits the brain by engaging motor and cognitive skills such as visuospatial attention, motor planning/sequencing, processing speed, and executive skills such as strategy formation and problem solving. Most importantly, the physical and cognitive engagement is fun and provides a valuable opportunity for social interaction.

After having been diagnosed with Parkinson's 10 years ago, Nenad Bach, a Croatian-American musician and rock star, found that his symptoms were impeding his ability to play music. After being introduced to the game by a friend, he noticed that his motor skills and mood seemed to improve when he played. Encouraged by his neurologists, who confirmed his improved status, Bach recruited Will Shortz, crossword puzzle editor of the New York Times and owner of the Westchester Table Tennis Center, Dr. Art Dubow, and Irene Silbert to help him officially establish PingPongParkinson in 2017, and subsequently the formation of the group as a 501 c3 charity in 2018.

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