



# Table Tennis/Ping Pong for Parkinsons

For people with Parkinsons, exercise and social interaction have been shown to be vital elements in staying healthy. Table Tennis provides both and increases balance, reflexes, and executive function.



**Dr. Elana Clar, Neurologist, Hackensack University Medical Center:**

*"While all forms of exercise are beneficial, the thing that makes ping-pong unique is that it incorporates a focus on balance, hand-eye coordination, and the rhythm or pace of reciprocal play, so it really hits the trifecta of physical, cognitive and social activities."*

See link to CBS article: ["Why doctors say playing ping-pong could help manage Parkinson's disease symptoms"](#)

Zing! is offering a Table Tennis/Ping Pong program designed specifically to support people with Parkinsons. Classes will be led by Noel Abbott. Noel is Zing!'s founder, a Professional Table Tennis Coach, and a fitness instructor with APDA Parkinson's Training for Fitness, Health, and Wellness Professionals Certification.



Classes are led in an environment that meets and supports each participant where they are. Come and learn in a community while having fun and exercise.

## **Program Structure:**

- 2:00 - 2:10 PM: Warm-ups, balance, flexibility and coordination exercises.
- 2:10 - 3:00 PM: Group play with fun skill-building games and professional instruction.
- Classes limited to eight students. Two Wheelchair spots available.

## **Dates, Time, and Location:**

- The first 8-week program runs Wednesday, Sept 13th through Wednesday, November 1st from 2:00 - 3:00 PM. Single sessions available if space (call).
- Noel will contact you before your first session so that we can both assess whether the program is right for you.

## **Program fee:**

- Eight session series prepaid: \$160.
- Single session including pre-assessment - call first: \$25.
- Please make payment by check to Noel Abbott or by cash.
- Scholarships available.

Call Noel Abbott at (413) 461-6388 or email [noel@ZingTT.com](mailto:noel@ZingTT.com)

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