

Reading: Read each sentence two
times. Use MORE INTENT the second time!

Rock Steady Boxing

Pedaling for **Parkinson's**

Ping Pong Parkinson

Up **END**ing Parkinson's

Pickleball for Parkinson's

Dance for PD

Conversation Exercise:

Answer with INTENT!

**What activity would you
join?**

**What's the benefit of
group exercise?**

Bonus Reading: Read the
passage two times. Use MORE INTENT the
second time!

The 7th Ping Pong
Parkinson World
Championship took
place in Hanover,
Germany. Competition
included singles and
doubles.

Thank you,

Jim from Wisconsin!

<https://www.pingpongparkinson.org/>