Dear friends,

The WPC is heading into a busy fall with some exciting programming.

Just last week we welcomed Professor Per Borghammer to discuss his research on understanding where Parkinson’s starts, the gut or brain, as part of our Research Spotlight series. This series invites leading researchers to share their work in comfortable fire-side chat like conversations with WPC Vice President, Professor Roger Barker. If you missed the talk, you can view it now here.

Have you contributed to the Parkinson’s Tulip Project yet? All participants are entered to win prizes. Submit a photo to be part of this ongoing project that will come to life in Barcelona, Spain. Made possible by Supernus Pharmaceuticals, this project will run through December 2022. Learn more & submit photos to win prizes!

Participate in Research - Our friends at LSVT Global and Google have started Phase II of Project Euphonia and are looking for 1,000 participants who live with Parkinson’s, or a Parkinsonism, to be part
of this project by sending in voice samples.  
Learn more about this project.  
Register to participate

WPC activities to watch for this fall:

WPC Care Partner Talk Series  
Tuesday, September 28, 2021  
3 - 4 PM ET/ 8 – 9 PM BST  
Panel topic: Communicating and Staying Connected with Parkinson’s in the Relationship  
REGISTER today

WPC Research Spotlight  
Monday, November 15, 2021  
11 – 12PM ET/ 4 – 5PM GMT  
Discussion with Professor Heidi McBride  
REGISTER today

WPC Dual Language Webinar Series  
Wednesday, November 17, 2021  
1 – 2 PM ET/ 6 – 7 PM GMT (English webinar)  
The emotional and social impacts of motor complications in PD  
2:30 – 3:30 PM ET/ 7:30 PM GMT/ 8:30PM Spain (Escuchar en español)  
Los impactos emocionales y sociales de las complicaciones motoras en la EP  
LEARN MORE

WPC Team
10 AM PST / 12 PM CDT
1 PM EST
Weds. Sept 8
Join us for an hour of singing and fun in English and Spanish

REGISTER

11AM - 12PM ET
Weds, Nov 15
Discussion with Prof. Heidi McBride

REGISTER

3PM - 4PM ET
Tues, Sept. 28
Communicating and Staying Connected with Parkinson’s in the Relationship

LEARN MORE

WPC BLOG HIGHLIGHT

EXERCISE AND REHABILITATION TO MOVE AND LIVE WELL
by Natalie Allen, PhD and Serene Paul, PhD

The Parkinson’s disease rehabilitation research group at the University of Sydney led by Dr Natalie Allen and Dr Serene Paul aims to develop, evaluate and implement effective physical activity and exercise interventions for people with Parkinson’s disease, in order to improve their physical function and quality of life. Our focus is on developing sustainable, cost-effective and accessible interventions that are easily translated into clinical practice and taken up by people with Parkinson’s disease, across the disease spectrum.

We recently completed two studies to better understand how to help people with Parkinson’s disease sustain exercise. The first study examined the preferences of people with Parkinson’s disease for performing evidence-based exercise programs (Paul et al 2021, J Physiother). We used a discrete choice experiment to determine which attributes of exercise programs were driving people’s preferences and the trade-offs between exercise attributes that people were willing to accept.

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