

the
Parkinson

press

Spring 2018



**Staying Inspired
Through Exercise**
at the Annual Education Conference

What's NEW
At Parkinson Canada

Caregivers:
We Appreciate You!

What's that Smell?
Sniffing out Parkinson's with
Dr. Johannes Frasnelli



the Parkinson press

Spring 2018



Parkinson Canada Saskatchewan Office

110B - 2103 Airport Dr
Saskatoon, SK S7L 6W2
saskatchewan@parkinson.ca
www.parkinson.ca

Todd MacPherson

Managing Director
306-933-4455 todd.macpherson@parkinson.ca

Michelle Carlson

Events & Administration
306-933-4481 michelle.carlson@parkinson.ca

Jennifer Schoeck

Community Development Coordinator, North
306-933-4478 jennifer.schoeck@parkinson.ca

Kelly Pierson

Community Development Coordinator, South
306-545-4400 kelly.pierson@parkinson.ca

Ali Scott

Special Events Coordinator/Co-op Student
306-933-4479 ali.scott@parkinson.ca

Editorial Statement

The views and opinions expressed within the pages of *the Parkinson Press* are not necessarily those of Parkinson Canada. Articles contained in herein are for information only. Parkinson Canada does not guarantee nor endorse any product or claim.

You should consult your physician and other healthcare provider before beginning any medical treatment, therapy, exercise, diet, or supplementation.

 Parkinson Canada

What We Do

We are the voice of those living with Parkinson's in Saskatchewan.

Support Services — we provide support and hope to people diagnosed with Parkinson's disease and their families through our 13 support groups across Saskatchewan, our Community Development Coordinators, and our toll-free support line.

Education — we provide educational services to those living with Parkinson's disease, their care partners, healthcare professionals and the greater community. We do this through print and online resources, training initiatives, and our annual Educational conference.

Advocacy — we advocate on critical issues affecting those living with Parkinson's, raising awareness for better care and protection.

Research — we fund research through our Parkinson Canada Research Program to work for a better life with a brighter future for people living with Parkinson's today and a world without Parkinson's tomorrow.

We inspire hope!

Support Groups Northern Saskatchewan:

Humboldt	Prince Albert
Kindersley	Saskatoon
Lloydminster*	Spiritwood
North Battleford	Tisdale

Support Groups Southern Saskatchewan:

Estevan	Regina
Moose Jaw	Swift Current
Moosomin	Yorkton

~ For information of Support Groups, please contact Jennifer (North) or Kelly (South)

* administered by Parkinson Alberta

4211 Yonge St, Suite 316, Toronto ON M2P 2A9
1-800-565-3000
Charitable Registration No.: 10809 1786 RR0001



Todd MacPherson - Managing Director

WHAT INSPIRES YOU?

A number of years ago I lived in Kenora, Ontario. It's a beautiful place with lakes, woods and lots of wildlife, some of which would wander into town. It was late one evening when I heard a noise just outside the porch door of my house. Investigating, I found that my kids had left the door open and my garbage can had disappeared. Assuming some neighborhood kid was being mischievous, I marched out my door in my bare feet and walked tenderly and slowly over the rather sharp rocks in the driveway. At the moment I spotted my garbage can, I spotted the culprit – a large, hungry black bear. The bear was startled, but not as much as I was. Suddenly the sharp driveway rocks made no difference. I was inside, door locked – I didn't know I could run that fast.

“Inspiration comes in
all shapes and sizes”

It's amazing the inspiration one can find when encountering a black bear.

What inspires you? Or maybe the question is who inspires you? Inspiration comes in all shapes and sizes.

I have to tell you that I am really excited about this year's education conference. Jessica Lewgood, our keynote speaker whom many of you know, will be presenting on Inspired Movement. In the afternoon we will have Adrienne Vangool presenting on Yoga and Mental Health

as well as a panel of your peers sharing their stories of inspiration and staying active. And, we will kick off the weekend on Friday with Fran Gilboy's Interactive Dance session – no dancing experience needed (which is very good news for yours truly).

You will find further information on this year's education conference in the pages of this newsletter. I hope to see you this April in Saskatoon.

One final thing. Allow me to take this opportunity to introduce our Edwards School of Business Coop Student for 2018, Ali Scott. Ali is proving to be an excellent addition to the team; she is creative, resourceful and eager to learn. This newsletter is an example of her creative work. Ali will be working with the rest of our team from January to August of this year.

If you join us at the Education Conference you'll be able to welcome her in person. We hope to see you there.



Ali Scott: Special Events Co-ordinator

WHAT'S

NEW

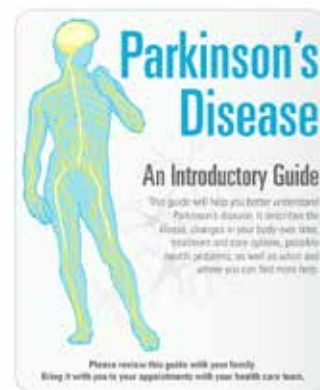
AT



Parkinson Canada

Since merging into a national organization two years ago, Parkinson Canada is now better equipped to provide the best possible resources to the Parkinson's community across the country. There is presently a high-level medical advisory team in place, allowing our team to produce a body of new material, as well as updating current material.

Brochures: Our office is host to over 20 different informational brochures to help you through some of the more challenging symptoms of Parkinson's. Our library includes information on topics such as Anxiety, Depression, and Apathy—all important (and treatable!) areas which we are continually learning more about as we gain a deeper understanding of the non-motor symptoms of PD. One especially useful brochure recently added to our collection, “Levodopa and Protein: Medication Absorption Concerns,” nicely explains the details of this issue and how to adjust your diet and timing of foods. All Parkinson Canada publications are available in English as well as French, for your convenience.



Booklets: We have been very pleased to publish Drs. Postuma and Anang's new book, pictured above, “Parkinson's Disease – An Introductory Guide.” This book covers it all, and yet is not overwhelming. It is written in clear language and is easy to read - yet is thorough and knowledgeable. A booklet titled “Medications to Treat Parkinson's Disease” has also been added to our resources. Although it is aimed primarily at health professionals, some have found it useful for tracking dosages, learning more about specific drugs, interactions with foods, etc.

These, along with our Non-Motor Symptoms booklet written by Dr. Postuma several years ago and a booklet for those newly diagnosed with Young Onset Parkinson's continue to be available in our library. Both of these have Physician editions, which can be useful for you in sharing with your family doctor or other healthcare providers.

Website: The Parkinson.ca website is slowly taking shape, and constantly evolving. Under the “Resources/Educational publications” link, many more Fact Sheets are available on a wide variety of topics. The popular series written by Sandie Jones, our resident nurse in Toronto, can also be found there. Sandie writes in an informal style, but always with a deep understanding of Parkinson's and how it affects a person. Her many past podcasts can be found on the Resources/Knowledge Network page, by pressing the links to SoundCloud.

Coming in 2018: The Get It On Time program is being updated and streamlined. There will be valuable resources for People Living with Parkinson's, as well as for nurses and other health professionals. As the material becomes available, we will make sure to let you all know about it, for yourselves, and for your health providers.



Parkinson Canada

Fundraising Your Way

Introducing: Fundraising Your Way

“Can we drop off a donation at your office?” said the voice on the phone, “My daughter decided she wanted her friends to make donations to Parkinson Canada instead of giving her birthday gifts”

What a special way for a little girl to honour her Grandfather. It's interactions like these that make working at Parkinson Canada particularly special; we have the opportunity to see first hand all the creative ways that people, no matter their age, demonstrate their passion for supporting those they care about.

Parkinson Canada values the support of event organizers and community fundraisers across the country who dedicate their time and energy to supporting our mission, and we've developed an event program to allow you to have your impact in whatever way works for you.

Just like the experience of no two people living with Parkinson's is the same, your way of making a difference is unique, too. “Fundraising Your Way” is a do-it-yourself toolbox to help support you in making an impact in the exact way you want to.

Choose an event type, develop a plan, and register with Parkinson Canada to commit to making a difference. You'll receive your very own “Event in a Box” toolkit to help make sure we're both successful in our vision of a better life and a brighter future for Canadians living with Parkinson's today, and a world without Parkinson's tomorrow.

How it Works

Participants will choose to enter one of six Event Hubs related to the type of fundraising initiative they are planning.

 Active	 Eat	 Get Together	 Tournament	 Celebration	 Custom
Start My Fundraiser	Start My Fundraiser	Start My Fundraiser	Start My Fundraiser	Start My Fundraiser	Start My Fundraiser
Run, Walk, Ride and More	Wings, Pot Luck, Porridge, Pies and Pizza for Parkinson's!	Concerts, Parties & other Community Gatherings	Golf tournaments, Competitive Eating, Sports and More	In Honour, Memory or Celebration of a Person/Milestone	Thinking outside the box? Tell us about your ideas!

Within each hub, participants are presented with a custom online experience and are delivered custom planning and fundraising tools to help support their event. These may include physical tools, promotional signage, etc. Event-day giveaways may also be available to order based on fundraising amounts and goals.

To learn more, visit <http://donate.parkinson.ca/yourway>, launching soon!



PARKINSON'S AWARENESS MONTH

The story of the Parkinson Tulip began in 1980 in the Netherlands when J.W.S. Van der Wereld, a Dutch horticulturalist living with Parkinson's disease, developed a red and white tulip.

In 1981, Van der Wereld named his prized cultivar, the 'Dr. James Parkinson' tulip, to honour the man who first described his medical condition and to honour the International Year of the Disabled.

The tulip received the Award of Merit that same year from the Royal Horticultural Society in London, England, and also received the Trial Garden Award from the Royal General Bulb Growers of Holland. It is described as a flower: "exterior, glowing cardinal red, small feathered white edge, outer base whitish; inside, currant-red to turkey-red, broad feathered white edge, anthers pale yellow."

On April 11, 2005, the Red Tulip was launched as the Worldwide Symbol of Parkinson's disease at the 9th World Parkinson's Disease Day Conference in Luxembourg.

In 1817, Dr. James Parkinson, an English physician, wrote *An Essay on the Shaking Palsy*, providing the first modern medical description of the disease that now bears his name. The world-wide Parkinson community chose April 11th as World Parkinson Day, marking the birthday of Dr. James Parkinson, and providing a global day of awareness for the 7 million people living with Parkinson's around the world. At the time of Dr. Parkinson's essay, there was little understanding and no widely accepted medical treatment for Parkinson's. We've come a long way, particularly in the past 50 years.

Although we've made significant progress since the time of Dr. Parkinson, we still have much to do. With more than 25 Canadians diagnosed each day with Parkinson's disease, Parkinson Canada has a big challenge ahead. With the generous support of our donors and volunteers, we continue to invest in research, advocacy, education and support.

We encourage each of you touched by Parkinson's to find your own way to raise awareness this April. You can post something on Facebook or write your local politicians and newspapers. Please reach out to us if you need any information or resources to help promote Awareness month in your circle of influence.

Here in Saskatchewan, a number of volunteers and the Parkinson Canada staff will be selling and distributing Tulips, engaging in several radio and television interviews as well as other creative initiatives. Together we continue to raise awareness and create a better life for Canadians living with Parkinson's today, and a world without Parkinson's tomorrow.



**APRIL 11TH:
WORLD PARKINSON'S
DAY**

A Special Thanks...

Written by Betty Lou Earl



In 2011, I approached Wayne Smith, manager of Safeway, Victoria Square Mall in Regina, asking if Safeway would be interested in supporting our local Parkinson's support group. Without hesitation, Wayne agreed to provide fresh tulips for what has become our annual tulip sale during the Easter week and weekend. When I started this project, we had only one sale location at the Victoria Square Mall. I am presently organizing our 8th tulip event which is now held at three locations: the Cornwall Centre downtown, the Quance Street Liquor Board store, and the Victoria Square Mall. This event has become a great success only because of the incredible support and hard work of all the volunteers and staff at the Safeway store.

SAFeway



Wayne Smith (Right), Roberta (Front), and two of their staff members

If it weren't for Wayne Smith, this event would not exist.

If it weren't for Wayne Smith, this event would not exist. He understood the need to help the local Parkinson's group with the education and the support for the Parkinson's people, their caregivers, and family members.

Another person to be recognized is Roberta, who is the manager of the Safeway floral department. Her energy, positive attitude, and patience are incredible! She has the tulips and supplies ready at the beginning of the day and is always a phone call away. I cannot thank her enough for her hard work and a great sense of humour. A big thank-you to Roberta's floral department staff. They are professional and incredibly patient as their daily work routine is interrupted on the days of the tulip event. They are always full of fun and laughter. They are a great group of ladies who are a pleasure to work with.

Thank-you again to Wayne and his staff. Their help over the past eight years is greatly appreciated. The money from the tulip sales, along with the generous Safeway gift cards have helped the support group provide effective educational programming, meeting supplies, and rental of meeting locations.



Inspired Movement

Parkinson's Education Conference

April 27-28, 2018 | Saskatoon Inn  Parkinson Canada

Those living with Parkinson's are some of the most inspiring people on this planet. There is a passion for embracing life and doing everything possible to live well with Parkinson's disease.

On Friday, April 27th and Saturday, April 28th the Saskatchewan Parkinson community will be gathering at the Saskatoon Inn in Saskatoon for the **Inspired Movement Parkinson Education Conference**.

Friday Evening will feature a dance program with Fran Gilboy of the FADA Dance Company, wherein participants will learn how to take this socially engaging, motivating, and therapeutic form of physical activity home with them.

On **Saturday**, attendees can look forward to an opportunity to hear exercise physiologist Jessica Lewgood speak on her experience in the field as it relates to Parkinson's therapy, as well as a presentation put on by Adrienne Vangool of Vangool Wellness on the benefits of yoga for mental health. The day will close off with an expert panel comprised of health care professionals and persons living with Parkinson's who will be fielding questions and speaking on how they stay inspired and active. We hope to see you there.

WAYS TO REGISTER

REGISTRATION BROCHURE



Registration brochures have now been sent out! If you've received the brochure, simply fill out the attached form and mail to our office before April 19th

CONTACT US

If you didn't receive the registration brochure, give us a call or e-mail us to register:

Michelle Carlson
(306) 933-4481
michelle.carlson@parkinson.ca



Accommodations

Saskatoon Inn
2002 Airport DR.
Saskatoon, SK
S7L 6M4

Conference Rate:
\$149.99 for Standard
King
**Special pricing available
until March 28, 2018**

To book a room, call:

1 (306) 668-9635
OR 1 (800) 667-8789

Limited rooms available under Parkinson Canada





Adrianne Vangool, Director of Vangool Wellness & Rehabilitation Inc.

Yoga and Mental Health

Adrianne Vangool, MPT, Bsc. Kin, Certified Yoga Therapist

Adrianne Vangool is a licensed physical therapist who graduated from the University of Saskatchewan in 2010 from the school of Physical Therapy. She has experience in home-care and private practice settings working with individuals with a wide range of injuries from musculoskeletal, neurological, chronic pain, vestibular dysfunction, and more. She is passionate about making physiotherapy and yoga accessible to all. This has driven her to start Vangool Wellness, where the focus is on addressing and eliminating the barriers that prevent people from taking part in Yoga, and from receiving physical therapy services.



Keynote Speaker

Jessica Lewgood, MSc, CSEP-CEP

Jessica Lewgood is a Certified Exercise Physiologist and a graduate of the University of Regina with a Bachelor in Kinesiology & Health Studies and a Master of Science in Kinesiology & Health Studies.

Jessica is a longtime supporter of the Parkinson's community, beginning back in 2007 when she was approached to run a Parkinson's specific exercise program in Regina. Her fight continued in 2013 when she stepped up as Chair Person for Regina's SuperWalk, and carried on when she moved to Estevan, SK and held the city's first ever SuperWalk in 2017.

Although her original focus was on sports-related injuries and athletic demands, working with people with Parkinson's has shifted her focus and opened her eyes to a different side of exercise medicine. Jessica's classes leave her students feeling uplifted and inspired to use movement in their fight against Parkinson's.



Fran Gilboy, a member of FADA Dance Company

Dance Program

Fran Gilboy

Our resident dance artist, Fran Gilboy, will be joining us for this year's education conference to help us get creative and show everyone just how fun moving can be. Fran has partnered with the Parkinson Regina Support Group, and together they have created this province's first Parkinson's focused creative dance class. Fran's alternative approach to therapy has not only offered a new, fun way for those diagnosed with Parkinson's to develop their strength, balance, and coordination, but has also presented an opportunity for everyone living with Parkinson's, including family members and caregivers, to see their loved ones express joy and creativity.



Jessica Lewgood, pictured with Rosemarie Burgess

CARE PARTNERS & PARTNERS IN CARE

We know that care partners are the backbone of our healthcare system. Care partners are also the heart and soul of our Parkinson community. How can we at Parkinson's Canada in Saskatchewan strengthen our partnership with care partners throughout the province?

It is so important just to acknowledge the love and care, and all the hard work and effort that you all put into each and every day, at home, and often for the broader PD community. You take care of your homes & families; you often manage the schedules and appointments. You juggle your time commitments in a way that would make an organizational specialist blush should they try to give you advice! And you handle the challenges that Parkinson's throws at you with skills that many a motivational speaker could well take note of!

And yet... working at Parkinson's Canada, here in Saskatchewan, we know that there is so much more that we need to do to support YOU in your important work. Whether you live in houses or apartments, in cities, towns or rural. Whether you are still working outside the home or not, whether you have other family members and friends assisting you, we want to be there for you.

We have seen how you blossom when you come together to support each other. We have watched you in some of the exercise groups, letting the stress go, and leaving re-energized. We have scheduled some get-togethers, within the support groups, separately,

and at past education conferences.

What more could we be doing? What would be helpful for you, without adding yet another item to your "to-do" list?

We have met with group leaders and care partners who have offered to work with us to help design groups, seminars, and perhaps new ways to connect over the vast distances of our provinces.

There are also webinars offered by our national body and other organizations. Parkinson Canada is just putting the finishing touches on a Caregiver Manual which will be a wonderful resource for everyone.

We would like to discuss with you any ideas you might have, to help us to help you. What resources and services would you like to see us offer to you? What skills and tools would help you in your daily life?

Please discuss amongst yourselves, and write or call us with any ideas, suggestions which you might have. We are here to support all People Living with Parkinson's, and that certainly includes all of you Care Partners!





Caregiver Week

IN SASKATCHEWAN

• MARCH 18-24, 2018 •

Saskatchewan Caregivers Week is a time to celebrate and honour the amazing volunteers in our province who are providing care for family members or friends who are in need of assistance in their daily lives. The dollar value of the time these volunteer caregivers provide is impossible to calculate. However, the even greater benefit is to those receiving care who are able to maintain the independence and quality of life they want because there are people who are prepared to help them.

Many of the caregivers and those being cared for are older adults. However, sometimes the person needing care is an adult child, and caregivers can be adults of any age, some of whom are part of the 'sandwich generation' raising children and caring for parents, and some of whom are still in paid employment. It is estimated that some 8 million Canadians are providing unpaid care, primarily to family members. These unpaid caregivers, most often family members, are the ones we want to recognize and celebrate.

Caregivers aren't doing what they do to receive recognition, but it would be wonderful to let them know they are appreciated.

**You can receive *The Parkinson Press* by mail or by email.
Call 306-933-4481 to
make changes.**

10

WAYS TO RECOGNIZE CAREGIVERS

Hold a community lunch or tea for caregivers

Plan a public information session on the important role of caregivers in the community

Take a caregiver out for lunch, coffee, a movie, etc.

Offer to cook or provide a meal for the caregiver and the person they care for

Offer to do the housework or shopping for the caregiver

Send flowers and a card

Drop off some cookies or other baking

Phone them or drop in for a visit

Give a gift certificate for a spa or other activity the person may enjoy

Offer to provide respite care to give the caregiver a well earned break



Dr. Johannes Frasnelli
Université de Montréal at Trois-Rivières
\$40,000 Pilot Project Grant over 1 Year

Losing their sense of smell is an early symptom that most people with Parkinson's disease experience. That's why some researchers are targeting the olfactory system, to use it to predict who will develop the disease.

Because there are many other reasons besides Parkinson's that people lose their sense of smell, however, Dr. Johannes Frasnelli is hoping another sensory system will provide better diagnostic clues. Frasnelli, a neuroscientist and professor at the Université de Montréal at Trois-Rivières, is focused on the trigeminal chemosensory system. The trigeminal system – which most people aren't even aware they use – is a part of the nervous system that helps us perceive the spiciness of hot peppers or the freshness of peppermint.

Frasnelli is trying to pinpoint patterns of impairment affecting the trigeminal system that are specific to Parkinson's disease. Recognizing that pattern could form the basis of a diagnostic test or marker.

"The benefit of early detection would be to develop tools so we could at least stop the progress of this disease," Frasnelli says.

The trigeminal system consists of receptors in the nose and mouth that are independent of our sense of smell and taste. Typically, though, someone who has lost their sense of smell would also become less sensitive to spiciness, burning and cooling sensations.

But Frasnelli suspects people with Parkinson's disease do not have a reduction in the trigeminal system, meaning they can still perceive those sharp and spicy sensations. He's comparing groups of people who have lost their sense of smell for another reason to those with Parkinson's disease, and to healthy people, to try to isolate a unique pattern or profile of those who are at risk of developing Parkinson's.

If he discovers that people with Parkinson's can't smell most odours but can still perceive the fresh, burning or spicy sensation, testing that might provide a good diagnostic marker.

"We will then have a better way of evaluating who is most at risk and those who are less at risk," Frasnelli says.

That evaluation is critical because by the time Parkinson's is diagnosed, most people have already lost 60 percent of their dopamine-producing brain cells.

Frasnelli, who trained as a doctor in Germany, prefers research to clinical work with patients because he can satisfy his curiosity about problems that affect people, including those with Parkinson's he says.

"With research, you can ask questions where there is no answer, and you have to find the answer yourself," he says. "That's extremely interesting."

Read about other researchers recently funded by the Parkinson Canada Research Program by visiting the research section of our website at www.parkinson.ca, or in our monthly e-Parkinson Post newsletters at www.parkinsonpost.com.

Not Your Average Fundraiser



Travis Low, at the 2017 Lows in Motion

Lows in Motion was founded in 2009 by Travis Low as a way to honour his grandfather who had Parkinson's disease and his father who had recently been diagnosed. Lows in Motion generously donates all funds raised to Parkinson Canada to aid in research, increasing awareness and contribute to helping Canadians living with Parkinson's.

For the past nine years, the Lows in Motion Shaker has provided an annual opportunity for members of the Parkinson's community to join together for a night of music, laughs, and great company. Interested in taking part in this fun-filled night? Lows in Motion will once again be bringing together a passionate community to fight back against Parkinson's for their 10th year on November 3, 2018.

Visit lowsinmotion.com for more information.

We thank you all for your support and we hope to see you in November!

9

Lows in Motion
Shakers to Date

7500

Total Attendees
of Lows in Motion
Over 9 Years

\$548,000

Raised for
Parkinson Canada

0

Fundraisers More Fun
than Lows in Motion



• SPREAD AWARENESS •

April Tulip Sales

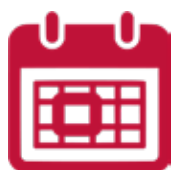
Regina

March 29th @ Cornwall Centre: 9:30am - 3:30pm
March 30th @ Victoria Square Mall: 12:00pm - 4:00pm

March 31st @ Victoria Square Mall: 9:30am - 3:30pm
March 31st @ Quance Street Liquor Board Store:
10:30am - 5:30pm

Saskatoon

April 13th @ Bill's House of Flowers: 10:00am - 4:00pm
April 14th @ Location TBD. Keep an eye on our Facebook page, or
contact Saskatoon Support Group for updates.



Upcoming Events

March 16	<i>Expert Webinar Series:</i> Live Stream In-Person Event Highlighting 'Parkinson's Disease: An Introductory Guide'
April 10	<i>Podcast Series:</i> Mid-Stage Parkinson's
April 11	World Parkinson's Day
April 27/28	Inspired Movement' Education Conference
May 8	<i>Expert Webinar Series:</i> 'Falls Prevention 365 Days a Year'
June 12	<i>Expert Webinar Series:</i> 'Advanced Parkinson's Therapies'
July 10	<i>Podcast Series:</i> Late-Stage Parkinson's
Sept. 1	Swift Current SuperWalk
Sept. 8	Moose Jaw SuperWalk
Sept. 9	Saskatoon SuperWalk
Sept. 15	Regina SuperWalk



Stay up to date on upcoming events, the latest Parkinson Canada news, and helpful tips
and tricks for managing your Parkinson's!

<https://www.facebook.com/parkinsonsaskatchewan/>



In Memoriam

We offer our sympathy to the families, friends and communities who have lost loved ones over the past months, and we extend our sincerest thanks to those who have donated in their memory.

Elizabeth Fisher
Dale Fowke
Peter Gross
Collette Guzik
Don Norris

Ruth McGill
Betty McIver
Beulah Bobby McMillian
Gail McEwen
William Ochitwa

Ken Robertson
Pro Serafini
Graham Simpson
Frank Vandeligt
Joseph Wandzura

*Those we love remain with us,
for Love itself lives on.
Cherished memories never fade,
because a loved one is gone.*

*Those we Love can never be,
more than a thought apart.
For as long as there is memory,
they'll live on in our heart.*

A reminder that

WE'VE MOVED!

Come visit us at our new location:

**110B - 2103 Airport Dr.
Saskatoon, SK**

Inspired Movement

Parkinson's Conference

April 27-28, 2018 | Saskatoon Inn



Parkinson Canada



Return undeliverable items to:



Parkinson Canada

110B - 2103 Airport Dr., Saskatoon, SK S7L 6W2

CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Publications Mail		Poste-publications
42218520		