

the
Parkinson

press

March 2017



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 Parkinson Canada

the Parkinson press

March 2017



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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 through our 13 support groups throughout Saskatchewan, through our staff 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 on Support Groups please contact Jennifer (both North and South).

~ A *Support Person* is available for Watrous and Young Onset (contact the office)

* administered by Parkinson Alberta



Encounters, Friends and Living Well

It was my third day in dorm of my first year of college and my roommate and I had cranked up the music. We were having a great time until another student burst into the room and angrily demanded we turn down our music. I obliged. When he left, I said to my roommate, “I think I’m going to have a problem with that guy.”

It was awkward when we bumped into one another a day later, but he broke the ice by apologizing for his outburst. It turns out he was dealing with an early, unexpected deadline on top of some stress

with a family issue; in other words, he was having a bad day. I apologized as well, asking, “Was my music really that loud?” It turns out my stereo was a lot louder than I thought, a fact that I was pleased to hear even if I was sorry for the problem I caused.

One of the interesting things about life is you never know who you’ll meet or how you’ll meet them. In spite of our first encounter, he became my best friend throughout my college years. “Sometimes you will never know the value of a moment until it becomes a memory,” observed Dr Seuss.

On the theme of making new friends, allow me to introduce to you two new Parkinson Canada staff members, Natasha Hausermann and Kelly Pierson.



Natasha Hausermann

Natasha Hausermann is a coop student who will be with us from January to August of this year. Her primary focus is on growing SuperWalk in Saskatchewan (she also created most of this newsletter).

Kelly Pierson is our new Community Development Coordinator for South Saskatchewan. Kelly comes with years of experience with other health charities in Saskatchewan, most recently the Lung Association.



Kelly Pierson

You’ll have the chance to meet them in person at the education conference in Regina this April (see page 4 for more information).

Living Well is the theme for this newsletter as well as our April education conference. There are many aspects of living well with Parkinson’s. At the Living Well Education Conference, we will be hearing from Licensed Pharmacist Tara Maltman-Just on *Treating the person, not just the disease*. We will have interactive sessions on mental health as well

as exercise. And we will wrap up the event with a panel featuring health care professionals, persons with Parkinson’s and caregivers.

Let me encourage you to actively do all you can to live well with Parkinson’s. Let me urge you to continually invest in your important relationships. And may I remind you that Parkinson Canada is here to provide help and hope.

Todd MacPherson

Living Well

Education Conference

April 28-29, 2017
Ramada Regina

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 Saturday, April 29th the Saskatchewan Parkinson community will be gathering at the Ramada hotel in Regina for the Living Well Parkinson Education Conference. This one-day event will feature presentations on Nutrition and integrative care, Mental health and driving with Parkinson's disease. We will close the day off with a panel of health care professionals and persons living with Parkinson's fielding questions on Living Well. We hope to see you there.

5th Annual

Ramada Regina

Saturday, April 29, 2017

9:30 am - 3:00 pm

• • • • •
• Registration •
• Deadline: •
• April 20, 2017 •
• • • • •



Clinical Plenary:



Tara Maltman-Just, RPh ABAHP FMNM is the Founder and Executive Clinician of Vitality Integrative Medicine, a ground-breaking professional health practice with patients across the country.

Tara has received a Fellowship in Metabolic and Nutritional Medicine, a Board-Certification

in Anti-Aging, Regenerative, Functional Medicine, and is an award-winning Licensed Pharmacist.

Nationally recognized for her innovation and unique approach to 'treating the person, not just the disease', Tara regularly serves as a health expert for national radio, tv and print media, and is a Guest Lecturer at the University of Manitoba.

In addition to her full-time practice, she has continued her love of learning with a Masters Degree Program and Brain Fitness Certification through the College of Medicine at the University of South Florida.

Expert Panel:

The Expert Panel is made up of inspiring healthcare professionals and

people living with Parkinson's disease who will share their experiences on how you can Live Well with Parkinson's. These motivating individuals will encourage you to find a way to Live Well, and will provide tips that you can apply to your everyday life.

Ask the Experts!



To register:

1. Registration forms will be mailed out end of February - keep an eye out!
2. If you don't receive one in the mail please contact to register:

Michelle Carlson
(306) 933-4481

michelle.carlson@parkinson.ca



Friday Night Event

Knocking out Parkinson's - A Boxing Update

After last year's education conference where John Baumann shared the role that boxing plays in his exercise routine, a lot of you have asked for an update. Well, I'm thrilled to report that, this spring, both Regina and Saskatoon should see the introduction of Parkinson Boxing programs.

The Regina Boxing Club, located at 1400 McIntyre Street, will be introducing a *Fighting Parkinson's program* this April. We are thankful for Pat Fiacco's commitment to start this boxing program. Pat is a partner in the Regina Boxing Club, the President of Boxing Canada and former mayor of Regina. You'll be able to get more information by calling the club at 306-525-5757.

Those of you in Saskatoon who regularly go to the Fieldhouse for their Parkinson exercise program will know Patti Fisher. Patti will be starting a Rock Steady Boxing program upon completion of her certification with the program. We deeply appreciate Patti's continued commitment to the Parkinson community. Although we don't have a date set, we anticipate this program to start before the summer.

Now, what about those of you who don't live in Saskatoon or Regina? There is good news on that front as well. Naomi Casiro, who is a Registered Physiotherapist in BC and the founder of NeuroFit BC, has introduced a series of free Parkinson's specific exercise videos, including a couple on boxing. Please visit their site: www.neurofitbc.com/move or go to YouTube and search for "Neurofit".

At the Friday night of our conference, we are presenting *Knocking out Parkinson's: How to add boxing as an exercise*. This will be an interactive experience on how to add boxing to your exercise routine. We will have individuals from the Regina and Saskatoon programs, and we will be providing information on starting boxing at home. You won't want to miss it!

Please remember: you should consult your physician or other healthcare provider before beginning any new exercise routine.

Accommodations

Ramada Regina
1818 Victoria Avenue
Regina, SK
S4P 0R1

To book a room by telephone:
Phone: (306) 569-1699 ext.
7200
Group Code - CGMEPS

Conference Rate:
\$135 for 1 Queen/Accessible
\$145 for 2 Queens

To book a room by email:
regina@saskramada.com

*Limited rooms available under
Parkinson Canada*

**Cutoff date for booking
room:
April 7, 2017**

For my information, and updates about
the conference
check out our Facebook page!



abbvie

“Parkinson’s - Treating the Person,

The topic of “Nutritional Therapy” was very popular at the recent World Parkinson Congress. There is exciting new research into the role of non-prescription and functional strategies in early Parkinson’s, as well as the potential for assisting in better overall management of the condition. However, it can be hard to navigate which strategies are safe and even effective.

To help us learn more about this, we have invited Tara Maltman-Just, RPh ABAHP FMNM, as the Clinical Keynote speaker at our annual Education Conference in April. As an award-winning Pharmacist and Integrative Medicine practitioner, Tara is recognized nationally for her innovative approach to person-centred care and well qualified to offer insight on this issue. She recently discussed her work with our Community Development Coordinator, Jennifer Schoeck.

Can you describe what you mean by “treating the person, not just the disease?”

The term patient-centred care, or person-centred care as I like to call it, is receiving a lot of buzz among healthcare professionals across the country. Let’s say I’m making it my mission to help them put it into practice. You are not a number, you are not a disease; you are a person whose concerns count.

I believe that to successfully treat patients, we need to first respect them as people with unique physical, mental and spiritual or social needs. Every person has unique biochemical individuality as much as they have unique DNA, and their own personal health goals that should be respected as well.

How is this done?

I believe a clinician’s most valuable tool is, first, a listening ear. In our office, we meet with patients for 1 to 2 hour long consultations at a time. The time we take to listen makes us well-primed to integrate information and uncover relationships in the body that may not have been previously identified, including managing side effects and helping treatments be more effective with the proper dosing schedule and avoiding interactions with other medications, natural health products and food.

Can you share with us how people can be impacted by this approach?

There is no doubt that a demand exists to be recognized and heard, and people want to play an important role in choosing and understanding their treatments. Many of our patients report feeling left behind in the current healthcare system, unfortunately. They may feel rushed at routine appointments, or may be waiting months to see specialists. They may have seen many practitioners, tried multiple therapies - but never had meaningful results and end up feeling short on hope.

We highly esteem collaboration and communication among other healthcare professionals, and help patients make the most of the traditional system as well, advocating for each person to help their voice be heard.

What is Integrative Medicine?

Integrative Medicine is a specialized discipline. It is an evidence-based healthcare approach that combines conventional and complementary therapies to improve your body’s balance and function, using personalized strategies based on your unique needs for physical, mental and spiritual vitality.

These interventions are focused on treating the underlying cause of the problem, not just masking the symptoms. In this approach, the treating clinician understands the science and inter-relationships among both conventional and complementary therapies – it can be thought of as a bridge between them. It also enables the clinician to safely provide guidance on ‘natural strategies’ that have evidence and understand how they can interact with or even augment prescription strategies.

What drew you to the practice of Integrative Medicine?

When I first began practicing as a Pharmacist in the community setting, I loved the opportunity to counsel patients and discuss their therapeutic regime with them in detail.

However, I found that the typical pharmacy environment made it

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Call 888-685-0059 to
make changes.**

Not Just the Disease” - An Interview

difficult to take the time truly needed to explore these areas in depth. This is why my practice now is devoted full-time to one-on-one, personalized and comprehensive health consultations, in a clinical setting. In fact, we don't sell a single product in our practice.

An interesting observation when meeting with people more closely: I often found they would be prescribed more medication to manage side effects of original medications, and it seemed like there was a missing piece of the puzzle, which led me to complete Fellowship and Board Certification in Functional, Regenerative Medicine.

I focus closely on 'treating the cause, not just masking symptoms'. I often describe how there can be a difference with normal test levels versus optimal test levels and sometimes optimal test levels and optimal function in the body. Our approach is personalized - including prescriptions, natural health products, nutrition and/or life strategies - and designed for each person, considering their biochemical individuality and personal goals for optimal health. This big picture approach, I find, helps the people we work with to achieve more satisfying or lasting results.

What should a person with Parkinson's disease know about the new research on inflammation and the gut and healthy brain?

There is a definite connection between the gut and the brain. In fact, about 90% of our main "happy" neurotransmitter, serotonin, is actually found in the gut. We've often heard about Central Nervous System (CNS) including the brain and spinal cord and their communication out to the body, but an important area that people aren't always familiar with is the Enteric Nervous System (ENS) within the gut itself.

In fact, we are finding that there may be even more communication from the ENS out to the rest of the body. This emerging evidence is showing that strategies to support healthy gastrointestinal (GI) function can aid the immune system and brain health, while decreasing the burden of inflammation that affects the body as a whole. Given this information, we will discuss what nutritional modifications and nutrients might be helpful in the case of Parkinson's.

We'll cover some background on safety, efficacy, dosing considerations, side effects and monitoring as even nutrients sourced from natural health products and nutrients need to be guided closely. This will be a primary focus of the talk at the Conference, so that participants can go away with a good understanding of this fascinating area, and some new strategies to help themselves live better, healthier lives.



Celebrating 200 Years of Awareness this April **Parkinson's Tulip Sales**

Saskatoon:

April 7, 2017 @ Bills House of Flowers - 10 AM to 4 PM (712 Broadway Ave)

April 8, 2017 @ Lawson Heights Mall - 10 AM to 4 PM (134 Primrose Dr.)

Price per Bundle - \$10

Regina:

April 13, 2017 @ Cornwall Centre - 9:30 AM to 3:30 PM (2102 11th Ave)

April 14, 2017 @ Victoria Square Mall - 12:00 PM to 4:00 PM (2223 Victoria Ave E.)

April 15, 2017 @ Victoria Square Mall - 9:30 AM to 4:40 PM

April 15, 2017 @ Quance Street Liquor Board Store - 9:30 AM to 5:00 PM (2550 Quance St.)

Moosomin:

April 7, 2017 @ the Moosomin Coop - 11AM to 5PM (607 Birtle St)

Price per Bundle - TBD

\$516,000 raised for Parkinson Canada



Todd MacPherson Marlin Stangeland Travis Low

In its 8th year, Lows in Motion broke the \$516,000 mark! Congratulations and thank you to the Lows in Motion committee, to the presenting sponsor Ens Auto, and to everyone who has contributed to the \$516,000 raised to date.

This accomplishment helps the people of Saskatchewan dealing with the daily struggles faced by Parkinson's disease. Reaching this milestone shows the tremendous support and passion that donors like you have.





Travis Low

Besides research, your funds for Lows in Motion invest in expanding the number of support groups and staff to provide education to people living with Parkinson's disease. It supports healthcare professionals looking to find new treatments and to one day find a cure.

Each day in Canada, more than 25 people are diagnosed with Parkinson's disease. With the rapidly growing support of Lows in Motion, it has allowed Parkinson Canada to make advances in fighting this chronic disease.

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

This November 2017 mark your calendars because Lows in Motion is back for another night of bringing a passionate community together to fight back against Parkinson's. We thank you for all your support and we hope to see you in November!

For more information please
contact:

t: (306) 933-4455

e: travis@lowsinmotion.com





Dr. Christopher Phenix
University of Saskatchewan
Pilot project grant
\$45,000 over 1 year

Peering into the living brain

Dr. Christopher Phenix received a Parkinson Canada Pilot Project grant to do research into Parkinson biomarkers.

Diagnosing early Parkinson's disease is a challenging process that relies largely on the clinical skills of neurologists who are familiar with the symptoms in other patients they have treated. There is no biological test that can confirm early Parkinson's – often, it is diagnosed late into its progression.

Researchers now know, however, that early in Parkinson's onset, levels in the brain of a protein called GBA1 begin to drop significantly. The only way researchers have learned that, however, is by analyzing tissue samples from the brains of people with Parkinson's disease who

have died, or through experiments using human cells.

At the University of Saskatchewan, Christopher Phenix, an assistant professor of chemistry, has invented compounds that could be adapted into radioactive tracers that could attach to GBA1 in people. His goal is to allow researchers and clinicians to use Positron Emission Tomography (PET) to scan images of the brains of living people and study their levels of GBA1, which his tracer and chemical compound will make visible on an imaging scan.

“What we're trying to do is develop a PET method where we can actually peer into the brain of a living person and study GBA1 activity or levels in real time,” Phenix says.

Not only would PET scans that reveal levels of GBA1 serve as a diagnostic aid for Parkinson's disease, they could also be invaluable in measuring the effectiveness of drugs designed to increase the activity of the protein. Phenix's compounds could produce a non-invasive test to see if the drugs are working, and could also help select patients with low GBA1 as good candidates for drug trials.

Being able to understand the underlying structures of Parkinson's disease and how it progresses before most of the dopamine-producing brain cells have died, will also be critical once other researchers develop a therapy to stop the disease's advancement.

For Phenix, this research is personal. His grandmother Lucille Sosiak had Parkinson's disease.

“It's a pretty devastating disease, so when you have a personal connection to it, it really helps you stay focused on your research and your goal to help people with Parkinson's Disease,” Phenix says.

To read about other Parkinson Canada funded research please visit www.parkinson.ca.



Shake Rattle & Roll

7th Annual

St. Gregors, SK

June 2017



Motorcycle Rally for Parkinson's Disease

In support of  Parkinson Canada

John Kiefer was diagnosed with young onset Parkinson's at the age of 41 years old. With the help of his family and the community they decided to host a bike rally for everyone to enjoy, and to fight back against Parkinson's. It was so successful that they decided to make it an annual event. Save the date this June 2017 - you won't want to miss it!



Show & Shine

Cars, trucks, tractors,
motorcycles, etc.

All vehicles welcome!

Kick off Breakfast Registration

Grab some breakfast before
the rally starts. Everyone
welcome - not just the riders!

Following the Rally

Supper and an evening
social!

For more information please
contact:

jwkiefer@sasktel.net
(306) 366-2144

Bucket Draws - Putt for Pies - Live Auctions - Silent Auction





STATISTICS

2.7 MILLION
raised across
Canada last
year

5 WALKS
in **HERBERT**
REGINA
SASKATOON
MOOSE JAW
& **ESTEVAN**

OVER **400**
participants & volunteers

OUR GOAL
\$115,000
provincially

An estimated

4000
people in Saskatchewan have
PARKINSON'S DISEASE

PARKINSON SUPERWALK

Last year you helped Parkinson Canada hold five walks in Saskatchewan in Saskatoon, Regina, Moose Jaw, Estevan, and Herbert. This family-oriented event saw over 400 participants and volunteers come together for a day of fun and celebration. You helped raise over \$95,000 dollars that will help thousands of Canadians living with Parkinson's disease.

There are two SuperWalk options for you to start...

Support Group SuperWalk

A Support Group SuperWalk is a small SuperWalk event hosted and attended by the local Parkinson Support Group and some family members.

It is a great way to start a SuperWalk in your community as it starts small, involves your existing support group and needs minimal planning.

Community SuperWalk

A Community SuperWalk is one of the best ways to fundraise and to raise awareness about Parkinson's disease in your local community. Support group members, family members and community members participate. The Community SuperWalk takes a little more engagement but is well worth the effort!



2 years ago Herbert, SK took the challenge, and started their own SuperWalk. This year they are moving to Swift Current, because of its huge success!

Last year Moose Jaw joined them in creating their own SuperWalk.. Are you ready to start today?



EVERYDAY HEROES. EXTRAORDINARY HOPE.

contact for more information:

1-888-685-0059

michelle.carlson@parkinson.ca



Join the biggest Parkinson Canada fundrasier - Start your first SuperWalk today!

Join approximately 10,000 people from coast-to-coast who have walked together since 1990, and have helped raised more than \$33 million for support services, research, advocacy and education.

Parkinson Canada is with you every step of the way to create a successful walk within your community. No matter how big or small your walk is, you are helping create a world without Parkinson's tomorrow. Start today, and be a part of the fight against Parkinson's disease.

10 STEPS TO START YOUR SUPERWALK

1

Contact Parkinson Canada - Saskatchewan Office to let us know you have an interest in doing a SuperWalk.

1-888-685-0059 or michelle.carlson@parkinson.ca

2

Choose a date and location for your walk.

The easiest way to do this is just to host the fundraiser in place of your September meeting -- same time, same location, same source of support and a great opportunity to build goodwill within the group! Or you can do it the same weekend as our national SuperWalk on September 10th & 11th.

3

Receive and distribute your pledge forms and other materials from the Saskatoon Office.

It doesn't have to be complicated, you can simply give out the pledge forms and nothing more. If you'd like t-shirts, etc. for your walkers, contact PSS, these can be provided.

4

Everyone START FUNDRAISING. As a group you can decide whether you'd like to invite family and friends to join you on walk day.

As soon as you let Parkinson Canada - Saskatoon know you are hosting a Support Group SuperWalk, your walk will be **added to the online registration platform** in case anyone in your group wants to use it. If anyone does, we will let you know the online results so you can have an overall amount to announce during your support group walk.

5

6

Decide on your walk route. If walking at your normal meeting space do you have room to walk inside? Would you prefer to walk outside? A simple route as short as one kilometer or less around your normal meeting space is a good option.

7

Secure the needed supplies for your walk day. For smaller support group walks all you'll really need is a pen, a calculator, and something to hold the cash and cheques securely in.

8

Host your walk. Again, few supplies are needed, simply water for participants. Some additional decorations, refreshments, etc. may be a nice touch. Don't forget, if you want to share your walk with the public invite local media, dignitaries and others. Many groups gain members if they receive media coverage.

9

Submit all funds received -- and pledge forms with complete name and address information for walkers and donors who will require a tax receipt. Submit it by courier to PSS and include the receipt.

10

Celebrate! Pat yourself and your group members on the back for a job well done!



Celebrating 200 Years of Awareness



As spring soon approaches we like to remind everyone that April is Parkinson's Awareness Month, and April 11 is celebrated globally as World Parkinson's Day. ***This year marks the 200th anniversary since the description of the Shaking Palsy by Dr. James Parkinson.*** Looking back at how far we have come with research shows a remarkable journey that is only moving forward.

Raising awareness within communities is what Parkinson's Awareness month wants to achieve. By educating the community, healthcare professionals, and government officials it allows individuals like you to be informed to help make a difference. It is especially important that we raise awareness with the newly diagnosed so these people can know they are not alone on this journey.

In Canada, more than 25 people are diagnosed with Parkinson's disease each day. By creating awareness we are motivating individuals to support the services and education we offer for those with Parkinson's disease.

We'd like to thank you for your continued support, and encouragement on this journey to find a cure. We encourage you to find a way to raise awareness this April. *Together we are creating a better life with a brighter future for people living with Parkinson's today, and a world without Parkinson's tomorrow.*

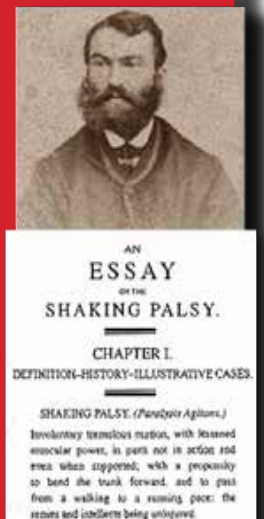


The history of Parkinson's disease started with Dr. James Parkinson who is noted for his remarkable work within medicine most specifically for his "Essay on the Shaking Palsy" published in 1817.

Parkinson wrote on the observable symptoms which he noticed was the shaking of the hands and arms. Others had written about this phenomenon, but Parkinson's descriptions captured the interest of fellow doctors.

"Parkinson's disease" was coined by Jean-Martin Charcot four decades after Parkinson wrote his famous essay.

The Parkinson Tulip was created by J.W.S Van der Wereld, a horticulturist with Parkinson's disease. The red and white tulip is now a worldwide symbol for Parkinson's disease.



Contact us for your Community Awareness Kit!

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.

Lillian Elaschuk
Henry Hildebrand
Leo Hoffman
Raymond Jeancart
Lorriane Klein
Ken Kleiter
Eldon Knox

John Loeppky
George Murphy
Grace Nickel
Phyllis Nelson
Illa Oliver
Alfred Penner
Joseph Ukrainetz

*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.*



Parkinson Canada is proud to announce that Gerald Galbraith of Saskatchewan was featured in this years *Hope on Display* calendar. Here is the caption Gerald provided with the photo in the calendar:

“I have always been interested in wildlife photography, and it was something that I was going to devote my time to in my retirement years. When I received my Parkinson’s diagnosis at age 40 I realized that that might no longer be realistic - or even possible - so I thought I should get started on it right away.

Over the past 14 years I have built a portfolio of wildlife images that I am proud of, and the irony is, that if it hadn’t been for my Parkinson’s diagnosis, I might still be waiting to begin.”

 Parkinson Canada

Living Well

Education Conference

*April 28-29, 2017
Ramada Regina*



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