

Parkinson's Choir at Deer Lodge

Tuesdays, Jan. 23 - Apr. 10
Deer Lodge Centre - 2109 Portage Ave (Wpg)

1:30-3:00 PM
Chapel on 2nd Floor



Gillian Barnes, the Speech Language Pathologist at the Movement Disorder Clinic, is leading a Parkinson's Choir on Tuesday afternoons. Spouses or partners of people with Parkinson's are also welcome. RSVP to: Gillian Barnes (204) 940-8431 by January 22/18. You can join the choir after the RSVP date; you must call or email Gillian her to let her know you are joining.

RWB School's ExplorAbility for Parkinson's In Your Community

Fridays, Apr. 13 - Jun. 15 (10 weeks)
Central Church of Christ - 170 St Mary's Rd (Wpg)

10:00 - 11:00 AM
lower level (wheelchair accessible)



ExplorAbility for Parkinson's is a movement program designed specifically for adults living with Parkinson's disease and offered through the Royal Winnipeg Ballet (RWB) School. Classes are focused on developing body awareness, self-expression, posture, and alignment, all in a creative and supportive environment. RWB School artistic faculty member Jacquie Ladwig will teach the class; many of you will remember Jacquie as she provided a program demonstration for several local support groups last year. Special thanks to Central Church of Christ for providing a space for the previous session, allowing the RWB School to keep costs as low as possible for participants. **Fee: \$125.00 total for the 10-week session**

To register or for more information, contact the RWB School Office at 204-957-3467 or school@rwb.org or visit them online at www.rwb.org/explorabilityparkinsons

Rady JCC Parkinson's Exercise Program

Wednesdays, Apr. 18 - Jun. 13
Wednesdays, Jul. 11 - Aug. 29
Rady JCC - 123 Doncaster St (Wpg)

2:10 - 3:00PM
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Experience a variety of approaches each week, from Boxing & Tango, to Resistance Training & Indoor Cycling.

Spring Fee (9 wks): \$63.00 - Members; \$80.00 - Non-Members
Summer Fee (8wks): \$56.00 - Members; \$72.00 - Non-Members

Register in person, by phone or online at radyjcc.com.
For more information, Contact Claudia Chernitsky at 204-477-7459
or cchernitsky@radyjcc.com



Rady JCC

Parkinson Exercise Program

in Cooperation with  Parkinson Canada

Wednesdays | 2:10-3:00 pm
in the Fitness Studio - Rady JCC

Spring: April 18-June 13
9 Weeks | \$63 Members | \$80 Non-Members

Summer: July 11-August 29
8 Weeks | \$56 Members | \$72 Non-Members

Experience a variety of approaches each week, from Boxing & Tango, to Resistance Training & Indoor Cycling



Register in person, by phone or online at radyjcc.com
For more information Contact Claudia Chernitsky:
204-477-7459 or cchernitsky@radyjcc.com

123 Doncaster St. | radyjcc.com | 204-477-7510

Parkinson Canada Knowledge Network 2018 Webinars

Parkinson Canada offers opportunities for you to take charge of Parkinson's and to learn to live your best. All of the webinars are one hour. You will be required to register in advance at www.parkinson.ca/knowledge for each individual session you plan to attend.



Below are the dates, topics and speakers for our 2018 webinar series:

- February 13: Keeping Intimacy Alive (Gila Bronner)
- ** March 16: Live in-person event (Dr. Postuma & Dr. Anang, Beth Robertson)
- May 8: Falls Prevention (Nicole Accera)
- June 12: Advanced Surgical Therapies (Dr. Alfonso Fasano)
- August 14: Music Therapy & Dance (Jessica Neilsen & Dr. Joe DeSouza)
- September 11: New Medication Kit (Neli Gontier)
- November 13: Atypical Parkinsonisms (Connie Marras)
- December 11: Incontinence & PD (Dr. Sid Radomski)

Looking for archived webinars or podcasts? Visit www.parkinson.ca, then scroll to the bottom of any page and click on the [Soundcloud](#) or [YouTube](#) icon.

The Victory Summit® April 7 in Winnipeg



DAVIS PHINNEY
Foundation For Parkinson's

every victory counts.

Parkinson Canada has partnered with the Davis Phinney Foundation to bring The Victory Summit® educational event for people living with Parkinson's to Winnipeg. Thanks to generous sponsors and local donors, this event is free of charge with a complimentary boxed lunch served. Mark your calendar now for Saturday, April 7, 2018, from 9:30 a.m. to 3 p.m. at the Victoria Inn Hotel & Convention Centre, 1808 Wellington Ave. in Winnipeg.



Advance registration is required for the April event and Online Registration is now open. Join the Davis Phinney Foundation, Parkinson Canada and other organizations from the Parkinson's community for a day of information and inspiration. The Victory Summit® event provides essential tools and resources that people with Parkinson's can use to live well today. **Mark your calendar! You don't want to miss it!**

Parkinson Canada Brandon Office Update

Charlotte Potyondy, Community Development Coordinator, is working from a home office beginning the week of February 19th. You will no longer find her at Scotia Towers. She will continue to provide support and education, and fundraise on Tuesdays and Thursdays as in the past; Ph: 204-726-1702 or 1-800-565-3000. The new PO Box will be shared in our March e-blast and on our Parkinson Canada – Manitoba Facebook page.



NEW: Bi-annual 6-week Course for Those Newly-Diagnosed with Parkinson's

Wednesdays, Apr. 4 - May 16
Movement Disorder Clinic

1:30-3:30 PM
200 Woodlawn (Wpg)



The Movement Disorder Clinic at Deer Lodge has launched a new 6-week course for people who are newly-diagnosed with Parkinson's disease, their family and friends. This course will take place twice per year, and there is no cost to attend. **Registration is required.** The fall session will take place October 10 to November 14. For more information or to register, contact Kelly Williams at 204-940-8427 or kwilliams3@mdc-dlc.ca.

Medication Update – Apomorphine (Movapo)



Parkinson Canada filed a patient evidence submission for the review process that was informed by a survey from nearly 900 people with Parkinson's and caregivers, as well as interviews with individuals using apomorphine in Europe. A positive recommendation means CADTH is recommending that the provinces offer public coverage for the cost of the drug for patients (with conditions).

This is a huge and necessary step to getting equitable access to the drug for people with Parkinson's who would benefit from it; however, this is the beginning of the process.

[Click here for more information.](#)

Like us on Facebook for Up-to-date Information

Parkinson Canada (Manitoba) has its own Facebook page where we share interesting stories and articles, information about events taking place right here in Manitoba, and urgent updates (i.e.: if a local meeting is cancelled). "Like" our page and our posts will appear on your own Facebook newsfeed. [Click here for Parkinson Canada \(Manitoba\)'s Facebook page.](#)

You can also "like" [Parkinson Canada's national Facebook page by clicking here.](#)





— Rady Wellness Series —

Fall in Love With Exercise

And Stay Engaged Forever

Wednesday, February 7
7:00 PM | MPR - Rady JCC

Presenter: Dr. Shaelyn Strachan
Associate Professor, University of Manitoba,
Faculty of Kinesiology and Recreation Management

Facilitator: Mark Spencer Director of Fitness and Health, Rady JCC



123 Doncaster Street | 204-477-7510 | radyjcc.com