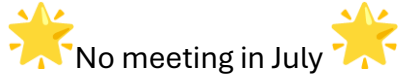


PNN SUPPORT GROUP NEWSLETTER

PLEASE NOTE: NEXT SUPPORT GROUP MEETING IS **AUGUST 12th**



June 8th PNN Support Group Meeting Notes from Jennifer Haskell

Pete Edwards, skiwalking.com was our guest presenter.

Information about ski walking poles:

Carbon vs aluminum --- Lightweight carbon is best.

Pete told success stories with Wounded Warriors; Neuropathy; MS; Parkinson's; Diabetes Support.

The ski walking poles "trick" is to help a person "stand up taller!"

They promote better airway movement, balance, cardio rehab (pre- and post-surgery).

Keep the poles straight up and down(vertical)

Fingers loose, chin up

Left foot/right pole- Alternate

Right foot/left pole -Alternate

Pete brought demo poles and we walked together. Great fun!

It was Wonderful!

I think there were a lot of new faces at this meeting, too! 😊

Jennifer

CHECK OUT THE PARKINSON'S NETWORK NORTH WEBSITE FOR UPCOMING EVENTS, HELPFUL HEALTH TIPS, & APPLICATION FORM FOR FINANCIAL ASSISTANCE, AVAILABLE TO RESIDENTS OF NORTHWESTERN MI WHO HAVE A CONFIRMED PARKINSON'S DIAGNOSIS!

GO TO: pnntc.org

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