

Ping Pong for Good Resources

Maureen has sent a lot of information about their activities in the Los Angeles area, equipment and more. She asks that you sign up for updates at www.pingpongforgood.org. and follow them on [Instagram](#), [Facebook](#) and [YouTube](#). You will be notified for future Ping Pong for Good Meetups. This will give you the chance to be introduced to a table tennis club and meet others to play. They will also be launching some tutorials soon with further instruction to maximize the benefits of playing. Finally, please contact PPG if you would be interested in participating in a future program or a research study.

Team PPG will be at this year's [Parkinson's Moving Day](#) on October 30th in Los Angeles. They will be doing a short demo with and have an exhibit with a Ping Pong Table at the event. Please stop and say hello and play some ping pong with us if you attend!

PPFG is a start up, grass-root non-profit organization and really needs support to launch our initiatives. They have recently launched a monthly giving program called THE LEAGUE, which is their community of monthly supporters. You can join for as little as \$5-10 month. One of their first goals is provide regular MeetUps as a resource fo the Parkinson's community.

JOIN THE LEAGUE TODAY

Here are some links for more information:

- PPG's first [MeetUp the Gilbert Table Tennis Center](#)
- Information about PPG's Pilot Program at the Pacific Brain Health Center and who can benefit from Ping Pong: https://youtu.be/gD_DcopYbl8
- Exercises you can do at home with Trent and Ryan: https://youtu.be/llima_KgJGc
- Trent's transformation over the last 5 years with exercise and Ping Pong: <https://youtu.be/uVX-Hg9jbwk>
- Eileen Green's Spectrum story which inspired the launch of PPG: <https://pingpongforgood.org/news-media/spectrumnews>
- Trent's story: <https://pingpongforgood.org/news-media/battling-parkinsons-disease-ppg-founder-trent-mcclean>

PRODUCT LINKS:

All products sold through these links will benefit both Twitchy Woman and PPGF.

Facebook OCULUS:

Sales of the Oculus Quest2 Headset are currently on hold until **August 21st**. Facebook will be releasing a 128GB version of the headset, replacing the 64GB version that was perviously offered for the same price of \$299. This is great news! Please place your orders at this link to benefit Twitchy Woman and PPG as of 8/24/2021: <https://amzn.to/37JySyz>

Specific Joola Products:

- The Joola Main Store: <https://amzn.to/2UkSRAF>
- Joola Retractable Net Bundle with 2 Rackets and 3 Balls Starter Kit: <https://amzn.to/2UkSRAF>
- Joola iPONG V300 \$194.83 : <https://amzn.to/3m4fJzE> (the V300 offer more options with spin and oscillation)
- Joola iPONG V200 \$149.95: <https://amzn.to/3mbeMpz>
- iPong Carbon Fiber Table Tennis Ball Catch Net: <https://amzn.to/3AIdKVU>