



New weekend residential course for younger and working-age people with Parkinson's

14:00 Friday 9th until 15:00 Sunday 11th November, 2018

Holiday Inn, Weston Turville, HP22 5QT

For people who have come to terms with their diagnosis (and partners if desired) wanting to take control and improve their wellbeing and working life.

Aims:

- To inspire healthy lifestyle choices to help maintain physical and psychological wellbeing.
- To build knowledge about how to take control of Parkinson's.
- To share concerns and anxieties in a 'safe' environment.
- To involve partners (if desired), to stimulate and have fun.

Outcomes:

- Make new connections and friendships.
- Develop fresh approaches and new skills for working life
- Get information and signposting specific to working-age people
- Encourage exercise and reinforce its importance as medication.
- Develop a personal life plan for ongoing review.

Be inspired, motivated and empowered by experts and other people living with the condition. Try out new forms of exercise and activities. Become more informed and join in discussions about the key issues affecting working-age people.

The pilot will cost £250 for a couple and £150 for a single.

The availability of places for the pilot is limited, so please don't delay in responding.

For further information, to express interest in reserving a place or to register for news about the programme, visit

<https://fighting-fit.org.uk> .



Alternatively call 07521 100349 or email hello@fighting-fit.org.uk