

PD Boot Camp

Living Well With Parkinson's

1 week intensive course

Monday 14th to Friday 18th May 2018 (1pm - 5pm)



Aims:

- To inspire healthy lifestyle behaviours to help to maintain physical and psychological well being
- To build knowledge about how to take control of Parkinson's with a therapeutic approach
- To support family and carers



Learn how to:

- Recognise and manage changing symptoms and what treatments are available
- Take control of your body
- Communicate with family members and carers



Cost: please see our website

To book, call us on 01962 779796 or
email treatment@hobbsrehabilitation.co.uk

PD Boot Camp

Living Well With Parkinson's

A programme for people newly diagnosed with Parkinson's who want to work hard, learn how to protect their brain and target specific problems and issues.

Be inspired, be motivated, be empowered by experts who will cover the following and more:

- Speech & language therapy
- Fatigue Management
- Sleep education
- Principles of exercise for Parkinson's
- Exercise classes
- Handwriting, dexterity & strengthening
- Nutrition
- Diagnosis acceptance & adjustment
- Psychology & goal-setting
- Practical relaxation techniques
- Open session run by other people with Parkinson's sharing resources, top tips, useful and practical information



To book, call us on 01962 779796 or
email treatment@hobbsrehabilitation.co.uk