

Synopsis

The “Empowering Parkinson in Action is a weekend conference for Parkinson patients (PwP) and their care partners. Learn all about Parkinson from the experts through interactive lectures, forums and skill-based sessions.

Attendees can meet therapists and fitness professionals who understand the importance of mental & physical health.

There are separate sessions for care partners to share their thoughts on how to care better for their loved ones. So, get yourself ready for some Education, Empowerment and Action for Parkinson in this coming conference in Asia.

Objectives

To reach out to PwP and care partners early to obtain and experience holistic management tips to adopt active exercise behavior early and delay Parkinson symptoms.

Target Participants

People with Parkinson (PwP) and/or their care partners.

They should be able to walk & get up from floor by themselves.

Other Information

- 1. Registration starts from 8.30am each day*
- 2. Includes Tea break & lunch each day*
- 3. Participants will receive a Certificate of Attendance & an Exercise Goodie bag on the 2nd day*
- 4. All sessions are conducted in English*
5. Pre-registration with Parkinson Society Singapore is needed.
No reservation is allowed.
6. No walk-ins is allowed during event day(s)
7. All payment made is non-refundable