

Youthful

2018 Parkinson Circle

Youthful Parkinson Circle ("YPC") is open to **members** who had been diagnosed between the ages 35 to 59 and with/without school going dependents

Venue : The Parkinson Centre, Blk 191, Bishan St 13, #01-415, S'pore 570191

Time : 2.00pm to 4.00pm

| Date | Topic | Speaker |
|------------------------|--|---|
| Saturday, 27 January | Parkinson's Disease Progression and Management | Dr Prakash Kumar, Neurologist |
| Saturday, 24 March | Mindfulness | Dr Kinjal Doshi, Pyshologist |
| Saturday, 26 May | Speech Therapist Intervention for Parkinson's | Rachel Chia, Speech Therapist |
| Saturday, 28 July | Advance Care Planning | ACP Co-ordinator |
| Saturday, 29 September | Exercising with Parkinson's | Shaminian Balakrishnan, Physiotherapist |
| Saturday, 24 November | OT Interventions for Parkinson's | Dorene Low, Occupational Therapist |

Note:

1. Registration is open to **Parkinson Society Singapore Members only**.
2. Please contact our staff at 6353 5338 to register. Registration closes 3 days before.
3. Topics may be subject to change.