

Youthful

2019 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, 26 January	Management and coping in PD	Dr Lim Ee Wei (Consultant Neurology)
Saturday, 30 March	Medication management	Pharmacist
Saturday, 25 May	Importance of Physical Activities	Ms Koh Yan Fen (Physiotherapist)
Saturday, 27 July	Dealing with Speech and Swallowing Changes	Ms Rachel Chia (Senior Speech Therapist)
Saturday, 28 September	Emotional Well Being	Dr Kinjal Doshi (Principal Clinical Psychologist)
Saturday, 30 November	Nutrition Management	Ms Joycelyn Er (Senior Dietitian)

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.