

SGH Parkinson Support Group 2019

Parkinson's disease is a life-changing illness that affects many aspects of a person's life. Some changes such as tremors and rigidity have observable qualities; however, other changes can only be described by the person with Parkinson's Disease. Support groups let you the patient, know that you are not alone and can provide you with an opportunity to share with others any information on individual experiences that you have. Members will also listen to what you have to say. Support groups can help you and your caregivers mentally and physically through group exercises, sharing of personal experiences and social meetings.

VENUE: SGH Learning Space (Block 6 Level 1)

TIME: 11:00 AM to 1:00 PM

CONTACT: Nurse at 92953331 (email: neurocare@sgh.com.sg)

Dates (Monday)	Topics*	Speaker
07 Jan 2019	Journey Ahead: Achieving a Quality of life	Neuropsychologist /Nurse
11 Feb 2019	Let's Dance	Physiotherapist
04 Mar 2019	Overview of Parkinson's disease	Dr Prakash Kumar
01 Apr 2019	Singing with Parkinson's	Music Therapist
06 May 2019	Cognitive strategies for enhancing occupational performance	Occupation Therapist
03 Jun 2019	Positive Language	Medical Social Worker
01 Jul 2019	Bite, Chew and Swallow	Speech Therapist
05 Aug 2019	Understanding your Parkinson's medicines	Pharmacist
02 Sep 2019	Food for thought in Parkinson's Disease	Dietitian
07 Oct 2019	TaiChi Moves	Dr Tan Siok Bee & PT
04 Nov 2019	Discussion on Stress and emotional management	Neuropsychologist
02 Dec 2019	Year End Party	ALL
* Programme is subject to changes		