

# Youthful

# 2021 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, Singapore 570191

**Time** : 2.00pm to 3.00pm

Date	Topic	Speaker (From Singapore General Hospital)
Saturday, 30 Jan 2021 (Online via Zoom)	Improving Communication & Managing Swallowing	Senior Speech Therapist - Ms Rachel Chia
Saturday, 27 Mar 2021 (Online via Zoom)	How To Maintain Quality Of Life While Living With Parkinson	Psychologist - Ms Koay Way Inn
Saturday, 22 May 2021 (Online via Zoom)	Know Your Medications Well	Senior Pharmacist - Ms Alice Chen Yuesi
Saturday, 31 Jul 2021	Physiotherapy & Parkinson	Physiotherapist - Ms Koh Yan Fen
Saturday, 25 Sep 2021	Maximising Life After Parkinson	Occupational Therapist - Ms Teh Kaili
Saturday, 27 Nov 2021	The Importance of Emotional Health For Parkinson	Psychologist - Mr Christopher Gabriel

**Note:**

1. Registration is open to **Members and their Caregivers of Parkinson Society Singapore only.**
2. To register, email us at [info@parkinson.org.sg](mailto:info@parkinson.org.sg), message to 9017 8842 or call us at 6353 5338 . Registration closes 5 days before the actual programme date.