

# Youthful

# 2022 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

YPC sessions will be conducted via Zoom till further notice.

Each session will be facilitated by Advanced Practice Nurse Usanee Chotphoksap from Singapore General Hospital.

**Time:** 2.00pm to 3.00pm

(Session will end at 4pm for 26 Mar, 14 May, 23 July, 24 Sep & 26 Nov)

Date	Topic	Speaker (From Singapore General Hospital)
Saturday, 22 January	Mental Wellness for Parkinson	Ms Koay Way Inn Psychologist
Saturday, 26 March	Part I: Understanding Parkinson -The 5 Stages & Treatments Part II: Living Life to the Fullest - My hobbies	Prof Prakash Kumar Neurologist
Saturday, 14 May	Part I: Managing Speech Loss and Swallowing Part II: Brain Bank Singapore Presentation	Ms Or Hui Fang Speech Therapist Dr Joan Sim & Ms Jillian Terese Teo
Saturday, 23 July	Know Your Parkinson's Medications Well Part II: Living Life to the Fullest - My hobbies	Ms Ong Si Ling Ms Grace Guan Rui Shi Ms Shirlene Leow Pharmacists
Saturday, 24 September	Making Safe Environment and Keep Active as Parkinson Progresses Part II: Living Life to the Fullest - My hobbies	Ms Ng Hui Sin Physiotherapist
Saturday, 26 November	Part I: Importance of Advance Care Planning and Planning Ahead Part II: Brain Bank Singapore Presentation	Mr Elliot Lim Wee Hong ACP Programme Coordinator Dr Joan Sim & Ms Jillian Terese Teo

**Note:**

1. Registration is open to **Members and Caregivers of Parkinson Society Singapore only**.
2. For Registration & enquiries, please contact us at 6353 5338.
3. Registration closes 5 days before the session date and/or vacancies are full.