



Parkinson Society Singapore

FOR MORE CLASS/ PROGRAMME INFORMATION, PLEASE VISIT

WWW.PARKINSON.ORG.SG

191 Bishan Street 13 | 6353 5338 | www.parkinson.org.sg

PROGRAMME SCHEDULE 2023

MONDAY

Upcoming Sing to A Different Beat
3.30pm - 5pm Walking Club

TUESDAY

10am - 11am Adapted Tango 1
11am - 12pm Adapted Tango 2
11.30am - 12.30pm Kickboxing (Modified)

WEDNESDAY

9.30am - 10.30am Speak L.I.F.E.
10.15am - 11.15am Sitting Taichi
10.30am - 12pm Enabling Art
11.30am - 12.30pm Kickboxing (Standard)
3pm - 4pm C.A.P.E.

THURSDAY

11.30am - 12.30pm Standing Taichi
2pm - 3pm Yoga Class 1
3.15pm - 4.15pm Yoga Class 2

FRIDAY

11am - 2pm Support Group
Upcoming DoReMi
Upcoming 3G Workshop



INDICATE YOUR INTEREST HERE!



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SATURDAY EVENTS / WORKSHOPS 2023

Youthful Parkinson Circle : 2pm - 3pm

- Q1** Jan 14 (Music Therapy & Parkinson)
Mar 18 (The 101 About Parkinson)
- Q2** May 13 (Stress Management)
- Q3** Jul 15 (Knowing & Manage Your Medications)
Sep 16 (Exercise as Medicine in Parkinson)
- Q4** Nov 18 (Nutrition & Parkinson)

ParaCounselling Workshop : 9.30am - 12.30pm

- Q1** Jan 14 (Basic 1)
Jan 28 (Basic 2)
Feb 11 (Intermediate 1)
Mar 4 (Intermediate 2)
Mar 25 (Intermediate 3)

P-Net Workshop : 10am - 12pm

- Q3** Jul 8 (Making of a Diagnosis of Parkinson)
Aug 12 (Handling Difficult Emotions)
Sep 9 (Loss & Grief)
- Q4** Oct 14 (The Power of Hope)
Nov 11 (Staying Positive Despite Calamities)
Dec 9 (Planning it Right)

Emotional Freedom Techniques: 10am - 12pm

- Q1** Jan 7
- Q2** Apr 1, Jun 10
- Q3** Jul 22
- Q4** Sep 2, Nov 18



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