

# SGH Parkinson Support Group 2024

Saturday Online via Microsoft TEAMS in English

Time 10am to 12pm



Meeting Details:

Meeting ID: 489 599 384 626

Passcode: vXKyyq

Scan QR code to log in

For more information contact: [neurocare@sgh.com.sg](mailto:neurocare@sgh.com.sg)

<p>13 Jan</p> <p><b>Medical Management</b> Dr Lim Ee Wei (Senior Consultant, Neurologist)</p> <p><b>Caring for People with Parkinson</b> Ms Usanee Chotphoksap (Advanced Practice Nurse)</p>	<p>13 Jul</p> <p><b>Caring for People Living with Parkinson in the Community</b> Ms Nursa'adah Binte Jamil (Senior Staff Nurse, Community Nurse)</p>
<p>3 Feb</p> <p><b>Art Therapy for People Living with Parkinson</b> Ms Phylaine Toh (Senior Art Therapist)</p>	<p>3 Aug</p> <p><b>How Balance Training Reduce Falls in People with Parkinson</b> Ms Ng Hui Sin (Physiotherapist)</p>
<p>9 Mar</p> <p><b>Healthy Mind: Discovering a Different Path</b> Mr Christopher Gabriel (Senior Principal Psychologist) Ms Koay Way (Psychologist)</p>	<p>14 Sep</p> <p><b>Music and Movement for People with Parkinson</b> Ms Estelle Ng (Music Therapist)</p>
<p>6 Apr</p> <p><b>Understanding Your Parkinson Medications</b> (Pharmacist)</p>	<p>12 Oct</p> <p><b>Leisure Activities Essential for People with Parkinson</b> (Occupational Therapist)</p>
<p>11 May</p> <p><b>Swallowing and Enhancing Communication in Parkinson</b> Ms Afiqa Binte Hairuddin (Speech Therapist)</p>	<p>9 Nov</p> <p><b>Building Emotional Resilience Through Mindfulness</b> Dr Tan Siok Bee (Advanced Practice Nurse)</p> <p><b>Sharing by a Parkinson Warrior</b> Mr Edward Pang</p>
<p>8 Jun</p> <p><b>Community Resources for Parkinson Care</b> (Medical Social Worker)</p> <p><b>Research Updates and Gift for the Future</b> (Brain Bank Singapore)</p>	<p>7 Dec</p> <p><b>Eating Well with Parkinson</b> (Dietitian)</p>

Organized by:



Singapore  
General Hospital  
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Partnership with:



Parkinson Society Singapore