

Venue:
Penzance Leisure Centre
St Clare, Penzance
TR18 3QW



**Wednesday 18th
January
15:30pm – 18.00pm**

Parkinson's Awareness Training for Physical Activity providers

**Do you want to increase attendance at your activity sessions?
Would you like to make a significant impact on the life of a person with
Parkinson's?**

People with Parkinson's need to exercise more, and with more intensity.
Research shows exercise may slow down the progression of Parkinson's.

Once complete you will be listed on a register of activity providers trained in the
needs of people with Parkinson's.

These are advertised at local Parkinson's support groups and provided to patients at
clinics.

You will also receive a certificate from the **Parkinson's Excellence Network**.

To Register for this FREE Workshop:

Email: info@activecornwall.org

(Please provide a contact name, phone number, email and which
session you wish to attend)