

SGH Parkinson Support Group 2017

Parkinson's disease is a life-changing illness that affects many aspects of a person's life. Some changes such as tremors and rigidity have observable qualities; however, other changes can only be described by the person with Parkinson's Disease. Support groups let you the patient, know that you are not alone and can provide you with an opportunity to share with others any information on individual experiences that you have. Members will also listen to what you have to say. Support groups can help you and your caregivers mentally and physically through group exercises, sharing of personal experiences and social meetings.

VENUE: SGH Learning Space (Block 6 Level 1)

TIME: 11:00 AM to 1:00 PM

CONTACT: Nurse Usanee at 92953331 (email: neurocare@sgh.com.sg)

Dates (Monday)	Topics*	Speaker
9 January	Redefine Yourself And Group Discussion	Psychologist Medical Social Worker
6 February	Voices Changes and Training in Parkinson's	Speech Therapist
6 March	Music Therapy	Music Therapist
3 April	Zumba	Physiotherapist
8 May	Cognitive Strategies for Enhancing Occupational Performance	Occupational Therapist
5 June	Deep Brain Stimulation	Dr Nicolas Kon Neurosurgeon
10 July	Overview of Parkinson Disease	A/Prof Prakash Kumar Neurologist
7 August	Power Up Exercise Programme for Parkinson's	Physiotherapist
11 September	Food for Thought in Parkinson's Disease	Dietitian
2 October	Caregiver Stress and Social Support Resources in Parkinson's	Medical Social Worker
6 November	Medications Used in Parkinson's Disease	Pharmacist
4 December	Year End Party	All

* Programme is subject to changes