

SGH Parkinson Support Group 2021

Zoom Online Session

Meeting ID: 982 4917 3803

Passcode: 748937

Exercise (Physiotherapist): 10:00AM – 10:30AM

Programme Topic: 10:30AM – 11:30AM

Contact: Nurse at 9295 3331 (Office Hours)

Email: neurocare@sgh.com.sg

Dates (Saturday)	Topics*	Speakers
9 Jan 2021	Coping with Parkinson and Mental Wellness	Neuropsychologist
6 Feb 2021	Strategies to Enhance Sleep and Medication Efficacy	APN Dr Tan Siok Bee
13 Mar 2021	Swallowing and Communication in People with Parkinson's	Speech Therapist
10 Apr 2021	Know Your Medication Well	Pharmacist
8 May 2021	What Exercise is Best for You?	Physiotherapist
12 Jun 2021	Advance Care Planning	Medical Social Worker
10 Jul 2021	Overview of Parkinson Disease	Dr Lim Ee Wei
14 Aug 2021	Sway to the Beat	Music Therapist
11 Sep 2021	Eating Well with Parkinson's	Dietitian
9 Oct 2021	Maximizing Life with Parkinson's	Occupational Therapist
13 Nov 2021	Let's Talk About Freezing	Physiotherapist
11 Dec 2021	Art Therapy and Parkinson	Art Therapist

**Programme is subject to changes*