“The Rhythm of Life”
A day of Education and Empowerment in the self-management of Parkinson’s Disease

Wednesday, 20th June 2012, 10:00am - 4:30pm
Aviva Stadium, Dublin 4

Keynote Speakers
Prof. Bastiaan R. Bloem MD, PhD
Medical Director, Parkinson Center Nijmegen, The Netherlands.
Tom Isaacs
President and Founder, The Cure Parkinson’s Trust.

Interactive Debate “Ingredients for a Better Quality of Life”
Chaired by Paul de Roos, MD, Founder of the Parkinson’s Disease Summer School and Ambassador of the Parkinson’s Movement.
Panel to include members of the medical profession and People with Parkinson’s.

Afternoon sessions
Practical Workshops: to include seated yoga, musical therapy and mindfulness.
Carer’s Corner: a workshop specifically dedicated to carers.
Meet the Professionals: speak to nutritionists, physios, personal trainers and many more.

Closing Session “How mindfulness can enhance your daily life”
by Padraig O’Morain, Author and Therapist.

Tickets €20 (including Lunch)
Places are limited so book now at www.move4parkinsons.com
Tel: (01) 524 2781    Email: info@move4parkinsons.com