

LIVING WELL WITH PARKINSON'S - EDUCATIONAL SERIES -

A FOUR PART SERIES ON WHAT THE RESEARCH SHOWS YOU CAN DO TO IMPROVE YOUR HEALTH WITH PARKINSON'S

2nd Tuesday of the month from 2:30-3:30pm

Meeting in-person at the Rogue Gym

18030 Magnolia Ave, Fountain Valley 92708



1

SEPTEMBER 12 INTRO: BUILDING YOUR TEAM

Learn about the different healthcare professionals who can support you!

2

OCTOBER 10 PARKINSON'S AND EXERCISE

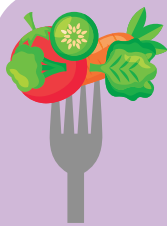
Learn the latest research on how exercise can improve Parkinson's symptoms, overall health and possibly slow disease progression.



3

NOVEMBER 14 PARKINSON'S AND NUTRITION

Learn what the latest research says about nutrition and its influence on Parkinson's.



4

DECEMBER 12 PARKINSON'S AND OVERALL WELLNESS

Learn how sleep, meditation, social support, and mental health play a role in Parkinson's.



To register go to our website:
roguept.com/living-well



Or use the QR code!