

proudly presents the

RECENTLY DIAGNOSED SEMINAR

Have you been diagnosed with Parkinson's in the last five years?

Would you like to learn more about Parkinson's, symptom management strategies and what support services are available?

Do you want to meet other people living with Parkinson's?

This unique event is an excellent opportunity to learn more about living with Parkinson's from the experts, have your questions answered and meet others facing the same day-to-day challenges.

Family and friends are also welcome to attend.

Friday 14 August 2015

9:30am – 1.30pm

Gippsland Lakes Community Health

Bulmer & Bakewell meeting rooms

18–28 Jemmeson Street

Lakes Entrance 3909

\$15 per person

(for Parkinson's Victoria members and their family members)

\$30 per person

(for non-members)

Registration price includes arrival tea, morning tea, and light lunch

Please register by completing the on-line registration and payment process directly at:

<http://www.trybooking.com/GYJS>

or alternatively, contact Parkinson's Victoria, details below

This seminar series is proudly supported by the Pierce Armstrong Trust

Contact Josephine at Parkinson's Victoria if you have any queries

Tel: (03) 9581 8700

Fax: (03) 9583 9952

Web: www.parkinsonsvic.org.au

Email: jo.berthelemy@parkinsons-vic.org.au

Post: PO Box 2606 Cheltenham VIC 3192

PROGRAM FOR THE DAY WILL INCLUDE

- 9.30am Registration, arrival tea and coffee
- 10.00am An introduction to Parkinson's
Learn about the mechanisms of Parkinson's, common symptoms, treatment options and the latest research
- 11.15am Morning tea
- 11.45am Living with Parkinson's: a personal perspective
Hear from someone who is living with Parkinson's: how they have coped with their diagnosis, the effect on family and friends and the challenges faced
- 12.10pm Stretch break
- 12.15pm Practical tips and living well
Tips on diagnosis disclosure, coming to terms with Parkinson's, making decisions on when to start treatment, managing medications, symptoms and social issues, accessing local services and other frequently asked questions
- 1.00pm Light lunch and depart

