



Join us for

Parkinson's Info Event

April 26th, 2pm - 4pm.

Hutton and Shenfield Union Church, Roundwood Avenue, Shenfield, CM13 2NA.

A marketplace style event where you can seek support, advice, and information about all things Parkinson's plus take part in taster sessions.



Parkinson's Info event – 26th April

Join us at our information event, talk to your local Parkinson's UK team, meet other local service providers, and take part in taster sessions.

Our information event will include a chance for you to attend different stalls and stands talking to people who know all about Parkinson's care.

Meet your local Parkinson's UK team including support and development staff and local advisers.

Ask questions and gain advice and information from local organisations who play a part in the journey of people with Parkinson's, those attending include;

The Essex Wellbeing Service
Feelgood Fitness & Wellness
Centre

Everyone Active
Sport for Confidence
Home Instead
Gym in Motion
Ready, Steady, Move with Meryl
Kinder Essex
Brentwood and Billericay
Parkinson's Support groups

There will also be two taster sessions available on the day with Gym in Motion demonstrating some of their work around falls prevention and fitness programmes. Alongside Ola Adamolekun with a Boxcercise based taster session for keeping fit and working on balance and core strength.

