

PARKINSON'S^{UK} **CHANGE ATTITUDES. FIND A CURE. JOIN US.**



PARKINSON'S UK EXERCISE CLASS : Fridays 10.30 am

Exercise is good for everyone and is especially important for people with Parkinson's as muscles and joints tend to get stiff and rigid. A regular exercise routine can help you maintain your abilities, strengthen your muscles, increase mobility in your joints and build up your general health and fitness.



PARKINSON'S UK SHORT MAT BOWLS : Thursdays 2.00 pm

(Second and fourth Thursdays of the month)

Short mat bowls can be played by nearly anyone, from active to wheelchair bound.



PARKINSON'S POP IN PARLOUR : Tuesdays 2.00 pm

(Third Tuesday of each month) No formal agenda - anybody with Parkinson's and carers can simply stop by for a cup of tea.

We organise ourselves, led by tea ladies Pam and Patsy, who promise some homemade treats in the coming months.

Support for you



If you have Parkinson's - or you know someone who has - we can help you find the support and information you need.

For more information visit the website or email us at:

bromleyparkinsonsuk@hotmail.co.uk