



## Program for People with a Recent Diagnosis of Parkinson's

If you have received a diagnosis of Parkinson's or commenced medications in the last 18 months, we invite you to take part in our Newly Diagnosed Information Program. This one-day program is designed to broaden your understanding of the condition and increase confidence about symptom management.

We encourage you to bring family members or a friend for this one-day information day.

The program runs twice a year or on a need's basis with dates and location available from InfoLine on **1800 644 189**. Parkinson's NSW now charges a \$15.00 fee for the Newly Diagnosed Seminars to cover the cost of the morning tea and lunch provided.

Sessions may include:

- ▮ **Parkinson's Nurse Specialist** - a discussion on medication, possible side effects, the importance of taking medications on time.
- ▮ **Dietitian** - discussion on healthy diet, and good habits and tips for enhancing your well-being.
- ▮ **Physiotherapist** - a dynamic presentation on the importance of exercise to maintain and improve fitness and mobility
- ▮ **Parkinson's Specialist Counsellor** – discussion about some of the potential and non-physical aspects, as well as an opportunity to ask questions and share experiences and ideas about living well with Parkinson's
- ▮ **Other Health Professionals as to their availability**

**Registration is essential as numbers are limited**  
**InfoLine 1800 644 189**

