

FREE COMMUNITY TALK

for people with Parkinson disease (PD) and atypical parkinsonisms, their care partners, medical, healthcare, and fitness professionals, and other members of the PD community. All are welcome!

Exercise **4** BrainChange® Essentials: Why and how to optimize your exercise



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PWR!® faculty will present information on:

- how to optimize brain health and learning
- the motor, cognitive, and emotional symptoms of Parkinson disease and how to combat them
- the most recent research-based evidence advocating exercise as a first line of defense against PD

Talk followed by audience Q&A

Date & Time

July 4, 2019
1:30-3:30 pm

Location

Trafalgar Park Community Centre
133 Rebecca St.
Kinsmen Pine Room
Oakville, ON L6K 1J5

To RSVP, click this [link](#) or email us at July4CTRSVP@gmail.com

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