

Nutrition for PD with Jess Neil Wednesday 20th November 3.30-5pm & 5.30-7pm

Jess, our NeuroYoga instructor, will be returning from France to lead a workshop discussing how nutrition can affect Parkinson's Disease and optimise your medication regime. Jess will also be providing some nutritious snacks to try. Please see her website for further details.

www.themovement-menu.com



Exercise is Medicine for Neurological Conditions with Kim Wilson and Sam Goodwin Wednesday 4th December 3.30-5pm & 5.30-7pm

Join us to discuss the benefits that exercise can have on managing Neurological Conditions. Kim and Sam will be presenting information from the Parkinson's Conferences that they recently attended.

Whether you are newly diagnosed or have been managing a long term neurological condition for some time, this is an opportunity for you to hear about current scientific research, to receive up to date advice and to chat with knowledgeable NeuroPhysiotherapists as well as other people with neurological conditions who are already engaging in exercise.



Please contact Kim on kim@surreyhillsrehab.co.uk or 07976 849903 to reserve your place.
There is a charge of £15 for these events.
Drinks and snacks will be provided

Also, watch this space for our Wellbeing Workshop with a Clinical Psychologist in January 2020