**Younger people with Parkinson’s Information and Support event**

If you are affected by Parkinson’s (including family members), live in South Wales and are under 65 years of age then this event is for you!

**When:** 12 April 2019, 10am – 5pm

 (informal get together at Henry’s Bar opposite from 5- 7pm)

 **Where:** Jury’s Inn Hotel, Cardiff

Information and workshops on a range of topics including:

Research

Exercise and living well with Parkinson’s

Employment and Finances

Family life and looking after yourself as a family member

Driving

Support for the voice and much more

For more information please contact Parkinson’s UK Wales on 0344 225 3784 and by email on wales@parkinsons.org.uk or to book your place please go to

<https://sw-young-parkinsons-event-2019.eventbrite.co.uk>

We’re the Parkinson’s support and research

charity. Help us find a cure and improve life

for everyone affected by Parkinson’s.

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