

RECENTLY DIAGNOSED WITH PARKINSON'S



Unsure what the future may hold?
Then the **First steps** programme is for you.

This free one day programme offers you and your close family or friends personalised support with:

- Coming to terms with your diagnosis
- Getting the information and support you need
- Finding your way through health and social care services locally
- Taking steps to manage the condition
- Facing the future positively

You'll get a warm welcome in the lovely surroundings of Witney Lakes resort Oxfordshire.

To book a place contact Kathryn McLoughlin on **020 7963 9381** or email kmcloughlin@parkinsons.org.uk



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