



Parkinson's Edge

*Helping you manage the symptoms associated with
Parkinson's disease.*

Tai Chi

This gentle form of exercise can help maintain strength, flexibility and balance.

Laughter Yoga

Laughter stimulates all parts of the brain, reduces stress, anxiety levels and provides pain relief. It strengthens the diaphragm and abdominal muscles, increases blood and lymph circulation and effectively works the heart and lungs.

Parkin - Song

Promotes facial, throat and chest muscle mobility and vocal clarity, strength and production. Deep-breathing encourages improved lung capacity.

**If you would like to attend our Parkinson's Edge
programs, give us a call on 1300 309 599.**