

**There are Parkinson's UK branches across the country offering support and friendship. In Edinburgh we do this through:**

- Branch Get-Togethers for a chat or with a speaker
- Special Interest Talks on clinical developments
- Sessions in: Dance, Indoor Bowling, Neurodynamic Exercise, Nordic Walking, Parkinson's Walks, Pilates, Singing for Fun, Table Tennis, Tai Chi, Walking Football and Yoga
- Mutual Support Groups that meet, discuss, and share experiences
- Regular Drop-in Cafés for those wanting to find out more and/or to meet existing members
- Newsletters, notices, emails and our website
- Provide volunteer opportunities, with support

**Visit [www.edinburghparkinsons.org](http://www.edinburghparkinsons.org) or email our Secretary at: [secretary@edinburghparkinsons.org](mailto:secretary@edinburghparkinsons.org) for more information**