



**Tin Pot
Fitness**

MOVERS & SHAKERS

A Parkinson's Exercise Group

1pm - 2.30pm every Thursday

**West View Advice
& Resource Centre
Miers Avenue
Hartlepool
TS24 9JQ**

**Only
£4.00
per
person**



TO BOOK YOUR PLACE CALL OR EMAIL

 **07834 982338**

 **deancartwright151@gmail.com**



**Tin Pot
Fitness**

Did you know?

- Exercise can slow down the progression and help you manage the physical symptoms of Parkinson's
- It can also help with sleep problems, fatigue, mood and negative mental health

At Movers & Shakers you can...

- Meet others with Parkinson's
- Share stories
- Have a cup of tea and make new friends
- Bring family, friends or carers with you

**At Movers & Shakers,
we focus on
everyday
movements
and activities you
have difficulty with.**



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