



Fighting Fit Programme Outline

Day	Time	Session	
Friday	14:00	Introductions, agenda and house-rules	
	14:15	Getting to know each other	
	14:30	Hopes and fears – Part I	
	15:00	Self-help – what’s out there?	
	15:30	Taster session: Tai Chi	
	16:30	How technology can help	
	17:30	Round-up – Day One	
		Break	
	18:45	Social: Singing	
	19:30	Dinner	
	Saturday	08:45	Introduction to Day Two
		09:00	Exercise and neuroplasticity
		09:45	Taster session: PD Power
		Break	
11:00		Working with Parkinson’s	
12:30		Lunch	
13:30		Skills for working life	
		Break	
15:30		Psychological wellbeing and relationships	
17:00		Round-up Day Two	
		Break	
18:30		Social: Dancing	
19:30		Dinner	
Sunday	08:45	Introduction to Day Three	
	09:00	Living well with Parkinson’s	
	10:00	Research update	
		Break	
	11:15	Taster session: Boxing	

	11:15	Wellbeing – partner session
	12:30	Lunch
	13:15	Hopes and fears – Part II
	13:45	My personal planning
	14:15	Programme feedback
	15:00	Close