



Fighting Fit Programme Outline

Day	Time	Session
Friday	14:00	Introductions, agenda and house-rules
	14:30	Getting to know each other
	14:45	Hopes and fears – Part I
	15:00	Self-help – what’s out there?
	15:30	Exercise taster: Exercise Medley and Break
	16:45	How technology can help
	17:30	Round-up – Day One and Break
	18:30	Dinner
	19:30	Dancing for all
	Saturday	08:45
09:00		Exercise and neuroplasticity
09:45		Exercise taster: Choices and Break
11:00		Working with Parkinson’s
12:00		Exercise taster: PD Power
13:00		Lunch
13:45		Skills for working life
14:45		Exercise taster: Spinning and Break
15:45		Psychological wellbeing and relationships
16:45		Round-up Day Two and Break
Sunday	18:30	Singing for all
	19:30	Dinner
	08:45	Introduction to Day Three
	09:00	Living well with Parkinson’s and Break
	10:00	Exercise taster: Tai Chi
	10:00	Emotional wellbeing – partner session
	11:00	Parkinson’s research update
	11:45	Exercise taster: Boxing
	12:30	Lunch
	13:15	A good night’s sleep
13:45	Hopes and fears – Part II	
14:00	My personal planning	
14:15	Participant feedback and closing thoughts	
14:45	Close	