

OPEN PUBLIC PRESENTATION

Two Inspirational and Educational neurological talks in one evening

Thursday 22nd September
New Plymouth

5:30-6:30pm

MULTIPLE SCLEROSIS AND EXERCISE...

THE LATEST EVIDENCE ON WHAT, WHY, AND HOW

This talk is designed to educate you on the latest evidence based rehabilitation for Multiple Sclerosis. You will be introduced to the core principles of exercise specific to MS and how to practically implement them. The latest evidence is directing a significant change in the historical approach to MS and exercise. We will also discuss how to overcome the common barriers to exercise for MS and the exciting possibilities of the neuroprotective effects of exercise.



7:00pm – 8:00pm

THE PRINCIPLES OF EXERCISE FOR PARKINSON DISEASE

Join us at this talk to learn that the treatment approach to Parkinson's has dramatically changed over the last few years and it is essential that you know and understand what has the potential to slow down the disease progression. You will be introduced to the main core principles of exercise specific for Parkinson's and how to implement them.



Gilly Davy from Connect Neuro Physiotherapy, is an experienced senior neurological physiotherapist and clinical educator. She is one of New Zealand's most experienced Parkinson's and MS physiotherapists, passionate about sharing practical knowledge of the latest evidence based rehabilitation approaches. She was awarded the Australian Physiotherapy Association 2015 Ipsen Contribution to Neurological Physiotherapy.

This talk is open to all health professionals and the public.

BOOKING ESSENTIAL – LIMITED SPACES

CONTACT: gilly@connectneurophysiotherapy.com

Please visit this link to book: <http://www.connectneurophysiotherapy.com/two-inspirational-educational-neurological-talks-one-evening/>

VENUE: Sport Taranaki - Yarrow Stadium, Maratahu Street, Westown, New Plymouth

COST: \$25 each talk or \$40 for both