



WORLD PARKINSON BOOTCAMP

**One week of fun and challenging exercises for
Parkinson's in Portugal, Lisbon | Sept 8-13, 2018**

An international event built around a 6-day Parkinson's exercise program, with a portion of the proceeds to support the 5th World Parkinson's Congress in Kyoto, Japan. People with Parkinson's around the world will be coming together to access specialized creative training and knowledge about exercise and management strategies for Parkinson's.

The program will include a wide variety of different activities, including:

<https://youtu.be/xpdhbAWedvU> | **Gait training on the beach & more**

<https://youtu.be/ZldRBgVSOug> | **Latin Dance**

<https://youtu.be/V-WAf58aPII> | **Trampoline Balance**

<https://youtu.be/XJlOVRkkCTY> | **Voice & Movement**

<https://youtu.be/6rbl5Juf9kM> | **Boxing for Parkinson**

**PROGRESSIVE
INTENSIVE
PHYSICAL
TRAINING**

**INTEGRATED
COGNITIVE &
VOICE
CHALLENGES**

**SOCIAL
INTERACTION
& SHARING**

**GAIT &
PHYSICAL
TRAINING AT
THE BEACH.**



Proceeds to support

Sponsors

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