



Punchin' Parko's Exercise Program

Thank you for your enquiry regarding the Punchin' Parko's Exercise Program (PPEP). Please note that in our documentation, we refer to the Person with Parkinson's as the PwP.

Read all the information and have the relevant forms signed by your GP or Neurologist. Note that you may need help, from your GP or neurologist, filling out Page 2 of your application form about your general health.

Bring the completed forms as well as the following to your grading:

- ... 'Waiver and Release of Liability Form' – unsigned. A member of the PPEP team will need to witness your signature.
- ... 'PP Questionnaire' PD Medication and PDQ 39.

We are sure that you will enjoy the benefits, as well as doing the exercises, in this unique program.

Now please go to **Contact** to organise a time for you to be graded so that you get the right support during your PPEP sessions.

For Chatswood only

Membership of Parkinson's NSW is inexpensive and entitles you to receive a 20% discount on each Punchin' Parko's session. For non-members, a session costs \$25 while for members, it is only \$20.

As Punchin' Parko's does not act as an agent for Parkinson's NSW membership. Please contact them directly on: 1800 644 189 or 8051 1900.

Introduction to new participants