

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**



# RECENTLY DIAGNOSED WITH PARKINSON'S?

Take part in our online First Steps  
programme

In 3 sessions, we'll help you to take the first steps in making sense of your diagnosis, by providing you with the information and support you need.

Visit [parkinsons.org.uk/firststeps](https://parkinsons.org.uk/firststeps) to find out more and book a place on a programme