Research over the last decade points to the importance of exercise as part of the standard treatment of Parkinson Disease. Exercise reduces disability and may mitigate disease progression in PD. Despite this, most people with PD remain sedentary and have difficulty engaging in exercise consistently over the long-term. In this presentation, the application of a novel approach to using mobile health technology to improve engagement in exercise and physical activity among persons with PD will be discussed.

Presented by Terry Ellis, PhD, PT, NCS; Director of the Center for Neurorehabilitation; College of Health & Rehabilitation Sciences: Sargent; Boston University

Tuesday 8th December 2015
3.00pm - 4.30pm
The University of Melbourne
Lecture Theatre 3 (Room 121)
Level 1, Alan Gilbert Building
161 Barry Street, Carlton 3053

Please RSVP if attending to belinda.bilney@unimelb.edu.au by 7th December.

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