

SGH Parkinson Support Group 2025

SATURDAY 10AM TO 12PM

Join us at Singhealth Tower or
virtually via TEAMS!

LOCATION: SingHealth Tower
Level 2
Function Room 1/2



MEETING ID: 472 537 033 293

PASSCODE: fjEt7L



Date	Topic	Speaker
04 Jan 2025	Nordic Walking for Posture and Stability *Bring along your Trekking/Hiking Poles*	Ms Ng Hui Sin Senior Physiotherapist
08 Feb 2025	Parkinson's Disease 101	Dr Li Wei Shan, Neurologist
08 Mar 2025	Self-care for Physical and Mental Health in Parkinson	ANC Sri Ratina Wati Community Nurse
12 Apr 2025	Understanding your Parkinson's Medication	SGH Pharmacist
10 May 2025	Art Therapy for Emotional Wellness	Ms Phylaine Toh Senior Art Therapist
14 Jun 2025	Strategies to Strengthen Speech & Swallowing	SGH Speech Therapist
19 Jul 2025	1. Mindfulness for Parkinson's: Cultivating Calm and Presence 2. Sharing by Parkinson Warrior	1. Dr Tan Siok Bee (Advanced Practice Nurse) 2. Mr John Ling (PD warrior)
16 Aug 2025	Fatigue Management in Parkinson	Ms Elizabeth Chng Senior Occupational Therapist
13 Sep 2025	Managing Expectations and Living Beyond PD	Mr Christopher Gabriel Senior Principal Psychologist
11 Oct 2025	Eating Well with Parkinson	SGH Dietitian
08 Nov 2025	1. ACP Discussion 2. Research Updates and Gift for Future	1. MSW/ACP coordinator 2. Brain Bank Singapore
13 Dec 2025	Year End Carnival	Neurology Nurses

Start off with Group Workout followed by Informative Sharing & Interaction
Contact Nurse: neurocare@sgh.com.sg

Organized by:



PATIENTS. AT THE HEART OF ALL WE DO.®

Partnership with:



Parkinson Society Singapore

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Function Room 1/2

Address: 10 Hospital Boulevard Singapore 168582

How to get there?

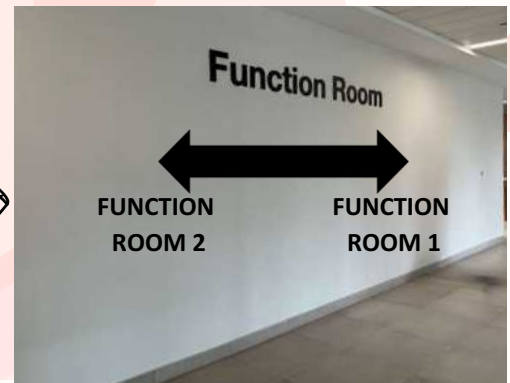
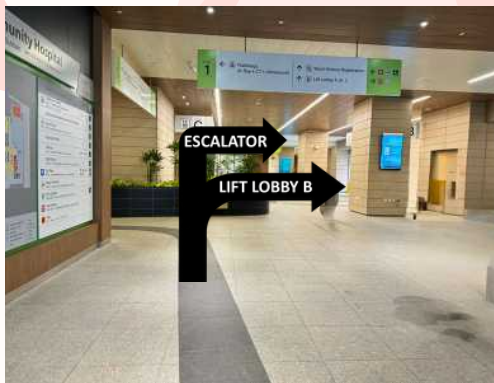
From Outram Park MRT Station

- Take the **BLUE** Route Shuttle Service to SingHealth Tower/OCH
- To walk, take Exit 6 from NEL station and use covered walkway along Eu Tong Sen Street (300 metres)

By Car/Taxi

- Enter Hospital Boulevard from New Bridge Road or Kampong Bahru Road.
- Carpark at SingHealth Tower Basement

Enter the building, walk to the escalator/lift. Go to level 2. Proceed to Function Room 1 or 2.



How to login via TEAMS?



- If you are using Teams app, go to your Teams calendar, select “Join with meeting ID”
- If you do not have the app, web search “Join Teams meeting”
- Enter the Meeting ID and Passcode
- Select Join a meeting

Alternatively, scan the QR code provided or use <https://tinyurl.com/247xmswm>