



This is to certify that

Jo Knowles.

Attended

## Parkinson's awareness training for exercise and physical activity Providers

12<sup>th</sup> November 2019

### Aims of the course

1. Increase knowledge and understanding of Parkinson's
2. Identify the needs of people with Parkinson's and the benefits of challenging, high intensity, high frequency exercise with cognitive load
3. Give the ability to identify the challenges associated with the symptoms of Parkinson's and the strategies to help
4. Explain when vigorous exercise is needed and how gentle exercise is also very beneficial

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