



# CHRISTCHURCH SEPT 5<sup>TH</sup> 2020

## NEUROPLASTICITY IN PARKINSON'S

PD Warrior is an intensive exercise-based program designed to drive neuroplastic change in people with Parkinson's. This may be the one course that **changes your entire clinical practice for the better** in 2020. Learn how to improve function, quality of life and long-term exercise behaviour in people with Parkinson's disease.

*"The course made me reflect on all my clinical practice and I know I am a better clinician for it"*

Alison Wighton, Physiotherapist

This course will give you the introductory theoretical and practical skills to apply the key concepts of this intensive and neuro-active exercise approach immediately in clinical practice. This PD Warrior Course combines levels 1 and 2\* to help you build on your knowledge of assessment, exercise prescription and motivational coaching to make a significant difference in people's lives. It is ideally suited to Physiotherapists, Occupational Therapists and Exercise Physiologists with experience in Parkinson's.

**NB:** This course is conducted both ONLINE and in a PRACTICAL WORKSHOP. The online component comprises FIVE online modules. Each module includes webinar content, literature and a quiz. You should expect this course to take around 15 hours to complete.

\*Attendance does not assume licensing rights and commercial privileges. Additional charges, training and contractual agreement is required to become a licensee of PD Warrior.



**FINALLY, AN  
EFFECTIVE EARLY  
INTERVENTION  
STRATEGY FOR  
PARKINSON'S**

.....

**LEARN THE  
SKILLS ONLINE  
& IN JUST 1 DAY**

.....

**JOIN 2000+  
OTHER HEALTH  
PROFESSIONALS  
NOW TRAINED  
IN AUSTRALIA,  
NZ UK & IRELAND**

.....

**NEW GRADUATES  
WELCOME**

**VENUE**  
YMCA Bishopdale  
13a Bishopdale Court  
Bishopdale  
Christchurch

**TIME**  
Saturday 9.00 am - 4.30 pm

**YMCA Christchurch**  
Phone: 03 359 8320  
Email: [julie@ymcachch.org.nz](mailto:julie@ymcachch.org.nz)  
[admin@pdwarrior.com](mailto:admin@pdwarrior.com)  
[www.pdwarrior.com](http://www.pdwarrior.com)



## COURSE FOUNDERS



Melissa McConaghy, FACP, is a Specialist Neurological Physio and Fellow of the Australian College of Physiotherapists. She holds a Master of Health Science in Neurological Physiotherapy and Grad. Certificate in Public Health. In addition to treating, teaching and researching, Melissa is also author of *The New Parkinson's Treatment: Exercise is Medicine* and co-founder of PD Warrior.



Lynn Tullock, APAM, is a Neurological Physio and Clinical Director at the Advance Rehab Centre in Sydney. Lynn coordinates the Parkinson's clinic which has treated over 700 people since 2012. She is also the co-founder of PD Warrior.



## COURSE AIMS

What you will learn from this course:

- The latest evidence underpinning intensive and neuro-active exercise prescription
- The pathophysiology of Parkinson's
- How to tailor exercise effectively for the three different types of Parkinson's
- The seven core principals of neuroplasticity and how to implement them effectively
- How to deliver the 10 Core Exercises and how to create your own exercise portfolio
- How to create an enriched and motivating exercise environment
- Learn how to empower your patients and create long-term exercise behaviours
- How to assess and treat someone throughout the various stages of Parkinson's

## REGISTRATION

**Price per practitioner \$599 and includes:**

Registration includes the online training course, practical workshop, course book and course certificate. Tea & coffee will be provided on the day but you are advised to bring your own lunch.

Once purchased, full refund is available within 24 hours only. Partial refund of the Workshop fee of **\$200.00** is available up to 14 days before the Practical Workshop. Transfer may be possible on application for an additional administration fee of **\$80.00** 2 weeks before the Practical Workshop.

We will take all care to ensure that the event is not cancelled by PDWarrior, however in the unlikely event that it is we take no responsibility for travel costs that cannot be recovered.

**[www.pdwarrior.com/education](http://www.pdwarrior.com/education)**

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