



THE UNIVERSITY
OF BRITISH COLUMBIA

PARTICIPATE IN PARKINSON'S RESEARCH

Change your lifestyle!



This project is studying the health effects of virtual exercise, cooking, and mindfulness classes

Recruiting:

- Adults aged 50-75
- Diagnosis of Parkinson's Disease
- Able to come to UBC for assessments



- Total length of this study will be 8-14 months, depending on your group allocation
- Classes will require a time commitment of 5-6 hours per week for 6 months

Contact us to find out more!
brain.wellness.research@ubc.ca
Please include 'IMPACT 360 PD' in the subject line



BC
Brain
Wellness
Program



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CENTRE FOR BRAIN HEALTH

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Please note that if you choose to post to this page, "like" this page, or comment on this post, you will be publicly identified with this study