



**HELPING PEOPLE AFFECTED  
BY PARKINSON'S**

**Up to 50% of people with  
Parkinson's will suffer from  
Anxiety or Depression.  
Get involved this week to  
improve mental health in Parkinson's.**

# PARKINSON'S AWARENESS WEEK

**11th April – 17th April 2021**

## Mental Health and Parkinson's

### Join in this week:

- Mindfulness Meditation
- Exercise
- Fundraising
- CBT
- Webinars



SCAN TO DONATE



Registered with  
**FUNDRAISING  
REGULATOR**

#parkinsonscsuk  
#mentalhealthhub  
#parkinsonsawarenessweek

[www.parkinsonscare.org.uk/awarenessweek](http://www.parkinsonscare.org.uk/awarenessweek)

A Charity registered in England and Wales 1179246 and in Scotland SC048881