



NEW PARKINSON'S CIRCUITS CLASS

When : Tuesday 10-11am weekly *starting 15th November 2016*

Where : South Wonston Pavillion, South Wonston, Winchester SO21 3HP

Each new participant needs an assessment with a PD Warrior trained physiotherapist. The number of follow up sessions before joining the class will depend on the individual's level of mobility and suitability for the circuits class. The physiotherapy sessions are held at Hobbs Rehabilitation, Martyr Worthy So21 1AR.

The usual cost is £90 per session, PDUK are funding half of the cost, therefore it will cost £45 per session, just for the set up.

New Participants book a block of 10 weeks to start and following that can book 6 week blocks:

(booking accepted only once the assessment session have been completed)

10 weeks = £100

6 weeks = £60

10 week Challenge

If you are thinking of doing the PD warrior program why not sign up to the PD Warrior 10 week challenge. This way you receive support and advice for the first 10 weeks of starting you new exercise plan via regular emails and an online forum. Visit www.pdwarrior.com to find out more. It is free when you do PD Warrior through Hobbs Rehabilitation!

Please contact Lizzie Udy to book an assessment
email: treatment@hobbsrehabilitation.co.uk
tel: 01962 779796

