



## **PARKINSON'S EXERCISE TO LIVE MUSIC IN ABINGDON**

People with Parkinson's are welcome to join our friendly group in central Abingdon for gentle exercise with a trained dance teacher and an experienced pianist.

**Wednesdays in term time, from January 9th.**

**at**

**Abbey Baptist Church - opposite the Abbey Buildings  
Checker Walk, Abingdon OX14 3JB**

**Doors open at 1:30 pm, session starts at 1:45pm**

**Followed by drinks and the chance to have a chat**

***Several public car parks are close by. There is limited parking next to the church.***

If you are interested in taking part, or if you would like to join a rota for providing drinks or lifts, please contact Pat Bryden on 01235 524081 or [pat@brydens.me.uk](mailto:pat@brydens.me.uk)