



Professionalism

Social

Positivism

Action

## Who are we?

Action Parkinson was created by and for people with Parkinson's Disease. A small group of people in Brussels with Parkinson's dreamt of a structure, an energetic place, where we can find each other, get out of our isolation and find adapted exercises.

Alain Mallart, a resident of Ixelles, a businessman and patron, himself affected by the disease, took up the challenge of creating this non-profit organisation at the end of 2018.

Action Parkinson ASBL aims to organise gentle and adapted physical activity workshops for people with Parkinson's Disease.

Our goal is also to create a place for meetings, exchanges and information for patients and their loved ones.

More info?

[www.actionparkinson.be](http://www.actionparkinson.be)



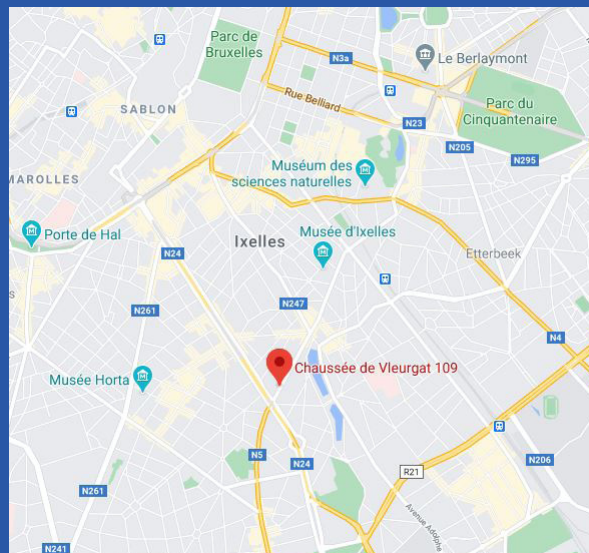
Chaussée de Vleurgat 109

1050 Brussels

Bus 38 & 60- Stop Biarritz

Trams 8 & 93 - Stop Vleurgat

Tram 81 & bus 71- Stop Flagey



Questions? Contact

Cécile Grégoire (French) 0494/53.10.46

Janette Sinclair (English) 0498/96.66.74

[cecile.gregoire@actionparkinson.be](mailto:cecile.gregoire@actionparkinson.be)

[www.actionparkinson.be](http://www.actionparkinson.be)

RPR Brussel : 0717.582.838



**NORDIC WALKING, BOXING,  
STRENGTHENING EXERCISES, KINESIPHILIA  
DANCE, QI GONG, TANGO, TALKS,  
DISCUSSION SESSIONS, BOARD GAMES,  
ART THERAPY, ...**

**Meet  
Learn  
Move!**

Verantwoordelijke redacteur: M. Alain Mallart - Klauwaertsstraat, 38 - 1050 Elsene - Gooi niet op de openbare weg

**“50% of the treatment consists of medication or surgery, the other 50% is the personal effort to move and to live in harmony with one’s illness!”**

Dr Jean-Emile Vanderheyden, neurologist

A primary objective of Action Parkinson is to encourage people with Parkinson’s Disease to take part in regular physical activity to improve the quality of their daily life. Action Parkinson offers a weekly programme of activities recommended for Parkinson’s, including Nordic walking, boxing, strengthening exercises by Gymsana, Kinesiphilia dance, tango and Qi Gong.

In addition, thematic meetings, discussion groups, cognitive games – also weekly - allow exchanges of information and sharing of experiences. This comprehensive programme of complementary activities underpins the delivery of two further Action Parkinson objectives: to prevent individuals from withdrawing from society because of their illness and to promote the exchange of knowledge and experiences. The association regularly organises talks by expert speakers on key topics. Recurring themes are the importance of having the best understanding possible of the symptoms, staying positive and following a regular movement programme. Last elements to complete the picture: Action Parkinson offers individual appointments, therapeutic art workshops, book loans, excursions and trips.

The meetings, talks, games and the Nordic Walking class are offered free of charge to members. For activities with an external teacher, the financial contribution is 6 euros/course. The first trial session is free, allowing members to try out different activities and choose the one that works best for them. There is no limit to the number of courses a person can take, as long as they meet the general criteria.

Several factors contribute to the success of Action Parkinson, such as the variety of activities on offer, the friendly and welcoming atmosphere, the specially adapted professional courses, the reasonable cost, mutual respect and a listening ear to respond to individual concerns. Offering activities outside of a medical context has a stimulating effect, allowing participants to take some control of their condition.

Information sheets of general interest (in French) are available on the website. They relate to several aspects of daily life, such as the description of the different administrative procedures that need to be fulfilled (e.g. with the Belgian ministry of health, with Phare (Brussels service for persons with a handicap) or with the Vias institute (driving license)). They also give links of where to find a physiotherapist, a speech therapist or associations that help with housing or home support. These sheets also embrace the patient’s entire environment, such as the list of associations that deal with Parkinson’s disease in Belgium, well-being centres specialising in Parkinson’s disease in Europe, inheritance possibilities, donations to science, pharmaceutical advice... They are full of clear and useful information. Take a look!

The activities are in French, with English as backup. Most activities take place at the Chaussée de Vleurgat, 109, 1050 Ixelles. Access assured for persons of reduced mobility.

Together with our members, we put the action into Action Parkinson! Movement is a great medicine!

## Become a member!

- ☐ Take an active part in our activities;
- ☐ Enjoy feeling welcome, being listened to and being accompanied on your personal journey;
- ☐ Regularly receive our weekly activity programme by email;
- ☐ Attend free talks and recreational activities;
- ☐ Benefit from the insurance cover during activities.

## Take part

The important thing for a better quality of life is regularity! Take pleasure in taking part! The first session of each workshop is free so you can try it out and make your choice. Many classes are free, for others is a small fee (6€) to cover the cost of the professional trainer. It is possible to buy multiple-session cards.

The annual membership fee of €20 euros is to be paid into IBAN account: BE90 0689 3269 4332 with the reference ‘cotisation’.

## Donations welcome

You can donate to the IBAN account: BE66 0689 3507 1943 mentioning ‘Don’.

The Belgian tax authorities have authorised Action Parkinson to issue tax receipts for donations of more than 40 euros made in 2021 and 2022. Donors will receive a tax receipt for donations at the start of the following year. This authorisation marks a major milestone in the establishment of our young association.

*Thank you for your support and your confidence in this project!*

