

ACTION PARKINSON: MOVE, AND HEAL YOURSELF!

Who are we?

Action Parkinson is an association founded in 2019 by and for people with Parkinson's disease.

It all started with a group of **Brussels residents** who felt the need for a **friendly, energising place** to meet, **break isolation**, and **take part in adapted physical activities**.

Our mission: to inform and to keep moving

To welcome **anyone and their loved ones** affected by Parkinson's disease.

To offer a **varied weekly programme** throughout the year.

To **inform** through **conferences, discussion groups**, for better understanding.

Join us to share moments of well-being, with kindness and a smile!



Cécile GRÉGOIRE (FR)

0494/53.10.46

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ACTION PARKINSON



**109, Chaussée de Vleurgat
1050 Ixelles**

Bus : 38 & 60 - stop VLEURGAT
Tram 8 & 93 - stop VLEURGAT
Tram 81 & 71 - stop FLAGEY



Boxing, Dance,
Gymsana, Nordic walking,
Tango, Qi Gong,
Talks,
Discussion sessions, ...

**MEET,
LEARN,
MOVE!**



MOVE

MOVE

MOVE

Movement = Treatment

For pleasure



With amplitude



With intensity



**Moving is
an excellent
medicine**



With regularity



Getting informed

To participate

Come to the **conferences** or **classes** that interest you.

Annual membership fee:
a minimum contribution of **€20**
to be paid to the account:
IBAN BE90 0689 3269 4332
with the reference: "Membership fee".

Some classes at €7/hour, others free.

Registration:
Contact Cécile GRÉGOIRE
to register and receive the programme
✉ info@actionparkinson.be
☎ **0494/53.10.46**

Support us

Thanks to you, we can continue to develop our activities and reach even more people.

To make a donation:
transfer your donation to the account:
IBAN BE66 0689 3507 1943
with the reference:
"Donation and your national ID number".

Tax benefit: from **€40** onwards,
you are entitled to a tax deduction
on the donated amount.

A huge thank you for your generosity
and your trust in this project!



With the support of the Mayor,
the Department of Social Affairs, and the members
of the Executive Board of the Municipality of Ixelles.