

# 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!



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**0494/53.10.46**

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**www.actionparkinson.be**

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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 intensity**

**Moving is  
an excellent  
medicine**



**With regularity**

**With amplitude**



**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](mailto: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.

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.