

# Tell Us Your Stories About Exercising with Parkinson's Disease

We would like to learn about how exercise affects your experience of PD. Tell us your stories (both the good and the surprising)!

To participate, you must be diagnosed with PD and you must exercise at least 3 times weekly.



Point your camera at this QR code to contact us!



Interested in telling us your stories? Contact Maizie Schwets ([maizieschwets@trentu.ca](mailto:maizieschwets@trentu.ca)) or Liana Brown ([lianabrown@trentu.ca](mailto:lianabrown@trentu.ca)) to learn more!