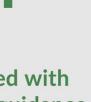






## WELLBEING FOR WOMEN EXERCISE PROJECT 2025

RAINING SESSIONS



Are you a woman who has been diagnosed with Parkinson's disease and would like expert guidance on exercise training?

We are seeking healthy women aged 18-70 years to participate in a project seeking to understand the feasibility of a gym-based exercise program in women with PD. You are invited to participate in an 8-week, 1:1 gym program with one-on-one guidance by Exercise Trainers, overseen by Physiotherapists who specialise in PD. Being part of this study is voluntary.

The gym is located in Box Hill.

## If you wish to take part we ask that you:

- Undergo medical screening with your usual medical practitioner
- Complete brief questionnaires about your physical and psychological wellbeing at the start and end of the program
- Attend an online, 30-minute interview with the research team

If interested, please email c.thwaites@latrobe.edu.au

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