



**VOLUNTEERS WANTED FOR  
FREE, SPECIALISED 1:1 GYM  
TRAINING SESSIONS**

# **WELLBEING FOR WOMEN EXERCISE PROJECT 2025**



**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](mailto:c.thwaites@latrobe.edu.au)

This study is led by Professor Meg Morris, La Trobe University HEC25232  
and funded by a Fight Parkinson's Seed Research Grant

