

SPECIALIZED REHABILITATION &
EXERCISE FOR 6 DAYS,
5/6 HOURS PER DAY



CNS

CAMPUS
NEUROLÓGICO
SÉNIOR



CNS SUMMER CAMPUS FOR PARKINSON

— TORRES VEDRAS | PORTUGAL

— 12 TO 18 JUNE 2016

The summer campus includes seven days of intensive training with exercise sessions and educational workshops and social patient/family interaction in a positive and energized ambiance.

The week will begin with an **assessment** and then focus on **physical training sessions and interactive educational discussion sessions**. All educational sessions will serve as an opportunity for participants to explore frequently asked questions and focus on solutions and strategies for better management of many common issues associated with Parkinson's disease.

An **interactive and spirited social program** including opportunities for gait training in the city and on the beach will also be organized throughout the week, allowing participants to socialize away from training contexts.

CNS Spring Campus for Parkinson provides an **exciting opportunity for individuals with Parkinson and their care partners/families from throughout Europe and other continents to come together and access creative training and knowledge about Parkinson's disease**.

PLANNED ACTIVITIES:

Agility training

Nordic walking (cognition, speech, physical session, Ronnie Gardiner)

Adapted boxing

Latin dance activities

Fitness at the beach

Hydrotherapy

Educational sessions: medication issues in PD; intensive exercise in PD – what to do and why?; FAQ: gait, transfers, balance and falls; cognition; speech, swallowing; non-motor issues, etc.



ADDITIONAL NOTES

CAREGIVER PROGRAM Families and care partners are welcome to be part of the training sessions. They can have access to other specific psychological and physical interventions if requested.

OPTIONAL SIGHTSEEING PROGRAM Participants can visit local attractions (or stay at CNS for more training or rest instead of sightseeing). Transportation and facilitation of touristic events accompanied by health professionals.

GYM TRAINING will always be available as an alternative to programmed activities for those with specific restrictions or personal preferences (for example, someone who doesn't like dancing or has restrictive physical issues).

ACCESS TO MEDICAL AND NURSING ASSISTANCE will be available if needed.

The official language of the program will be English. We will include a maximum of 20 participants. All participants must be able to walk independently (or bring assistance) and currently able to tolerate a minimum 1 hour of exercise. Two working groups will be defined according to physical abilities. Every day, sessions will be divided into two groups with a high and lower intensity levels. Contact us at summercampus@cns-campus.com for more information about the location, housing and full campus program.



COST BREAKDOWN

Transportation from and to airport; Housing for 7 nights, 4 meals per day at CNS; rehabilitation sessions for 6 days, minimum 5/6 hours per day.

1 person in individual room with rehab program	1.400	€
2 persons in double room or apartment T0 with rehabilitation program for 1 person	2.000	€
2 persons in double room or apartment T0 with rehabilitation and exercise program for 2 person	2.400	€

CNS LOCATION IN EUROPE MAP

PORTUGAL TORRES VEDRAS

Bairro de Santo António, N. 47
2560-280 Torres Vedras | PORTUGAL

GPS N 39°05'17.2" | W 09°16'04.3"

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