

Parkinson's Activity Weekend

Friday 21st - Monday 24th

September 2012



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



At Calvert Trust Exmoor, it's what you *CAN* do that counts!

Calvert Trust Exmoor is pleased to be working in partnership with Parkinson's UK to offer an activity weekend specifically designed to enable people with Parkinson's, and their family and friends, to experience exciting, challenging and enjoyable outdoor activities.

Our fully accessible, award winning, residential centre is AALA registered, all activities are on site and specifically designed and equipped to cater for everyone. Activities on offer include archery, climbing, kayaking and bushcraft.

This fully catered special weekend includes accommodation, a structured programme of activities and evening entertainment. Also included are tips on life skills for living with Parkinson's and help on finding ways to participate in active sports in your local area, all for just £275 per person.



Contact Calvert Trust Exmoor to find out more or to book.
01598 763221 www.calvert-trust.org.uk/exmoor exmoor@calvert-trust.org.uk