

Parkinson Luxembourg

What is the Parkinson Luxembourg?

Founded in 1991, the Parkinson Luxembourg is a non-profit association with several missions: to inform the general public and patients suffering from Parkinson's disease about Parkinson's disease topics, to support patients and their families in order to improve their quality of life and to fund research on Parkinson's disease.

Offer in the way of physical activity

Since 2011, Parkinson Luxembourg has offered regularly physical activity training sessions which are adapted to the fitness of the participants. The groups and classes aim to improve physical shape and well-being by using adapted exercises. Specific activities aim to decrease balance disorders and to improve motor coordination and awareness.








Types of exercises offered

Parkinson Luxembourg proposes seven different types of activity: Nordic walking, boxing-based exercises, dancing, strength training, gymnastics, Yoga and Qi-Gong. For the Nordic walking, the distance is adapted to the composition of the group. The intensity of the exercises and the difficulty level are adapted to each person's capacity. All of the activities are supervised by people with an appropriate diploma. Young volunteers help the participants and spot them to avoid falls during the boxing-based exercises.

Who can participate?

Anyone who is diagnosed with Parkinson's disease, as well as their helper can participate .

Where and when are the sessions held?

	Nordic walking	Wednesday 3 pm	Centre Parkinson « La Tulipe » Leudelange		Qi-Gong	Once a month Wednesday 3 to 5 pm	Centre Parkinson « La Tulipe » Leudelange
	Boxing	Twice a month Tuesday or Thursday 3 to 5 pm 6 to 7 pm	Centre Parkinson « La Tulipe » Leudelange		Resistance training	Once a month Tuesday or Thursday 3 to 5 pm	Centre Parkinson « La Tulipe » Leudelange
	Gymnastics	Twice a month Tuesday or Thursday 3 to 5 pm 6 to 7 pm	Centre Parkinson « La Tulipe » Leudelange		Yoga	Twice a month Wednesday or Thursday 3 to 5 pm	Centre Parkinson « La Tulipe » Leudelange
	Dancing	Once a month Tuesday 3 to 5 pm	Centre Parkinson « La Tulipe » Leudelange				



Information & registration

Parkinson Luxembourg
Centre Parkinson "La Tulipe"
Domaine Schaefer
16 rue des Champs
L-3348 Leudelange



+352 23 69 84 51



info@parkinsonlux.lu



www.parkinsonlux.lu

What are the costs?

The costs are 50 € per year.