



Newsletter April 2022



Dear \${Contacts.First Name},

Welcome to our April newsletter and I hope you are keeping well.

In this month's newsletter we have Shane Breslin's account of his DBS journey to date and we would like to thank Shane for sharing his story with us.

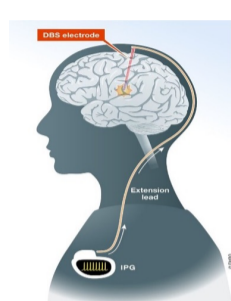
We were asked by Clare FM and South East Radio for interviews which is great to help us raise awareness for Early onset Parkinson's.

See also details of exercise classes in Dublin and New Ross, new members are welcome.

Kind regards,
Mary

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Shane Breslin discusses aspects of undergoing Deep Brain Stimulation in January 2022



In early 2022 Shane Breslin determined that Deep Brain Stimulation (DBS) was the best option for him in the continuous battle with PD (Parkinson's Disease). In this article written by Shane, he discusses the journey so far, from the initial decision through the various stages of the operation process.

[See the full article](#)

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Radio coverage during Parkinson's awareness month



April is Parkinson's awareness month and EOPD.ie was very active and vocal in raising awareness for Parkinson's and in particular living with early onset Parkinson's. Follow the links below to listen to two of the radio interviews that happened with EOPD.ie's Directors Fiona Staunton and Mary Casserly (Chairperson)

[Fiona's interview](#)

[Mary's interview](#)

Upcoming Events



EOPD.ie Annual General Meeting

Subject to Covid 19 Guidelines

EOPD.ie's AGM will take place on the 20th May at 4.00 pm
Portlaoise Parish Centre, Stradbally Road, Portlaoise, Co Laois. R32 FH67.

We will have a social get together afterwards. Please let us know if you are interested in attending, as numbers needed for booking (plus one's are very welcome). Email: events@eopd.ie

Full details of AGM have been sent separately.



Exercise classes for people living with Parkinson's. These classes work on strength, flexibility, co-ordination and balance to help with everyday function. Booking essential as an assessment required.

Date and time: Wednesdays from 12-pm.
Location: Farrell Fitness, New Ross.

Contact: events@eopd.ie or ring 01-5252994 for more details.



Activator poles classes help to improve stability, develop core strength, improve posture and promotes a better gait pattern.

Date and time: Tuesdays from 10-11 am
Location: Rua Red, Tallaght, Dublin 24

Contact: events@eopd.ie or ring 01-5252994 for more details.



Our mailing address is:b

`\${HF.ORGINFO}`

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