

Navigating the Parkinson's UK website

Information and Support tab

- Everyday life > [Physical activity and exercises](#)
- Everyday Life > Diet > [Download “Diet and Parkinson’s”](#) (or order copy)
Do not print out!
- Everyday life > Equipment, living aids and technology > [Apps and devices](#) (eg for help monitoring speech)
- Our Support Services > [Your magazine](#) (or request printed copy if you join)
- Our Support Services > [First Steps](#)

Research tab

- Take part in research > [Take part Hub](#) [Help direct research](#)
- Join our [Research Support Network](#)

Footer : social media links

- [YouTube](#) – short clips + wide variety of exercise classes

Header > [Forum](#) and Helpline