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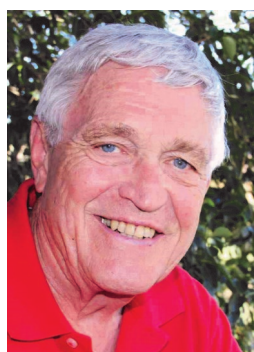
# John Pepper's Walking Therapy:

A man's journey to walk off his Parkinson's symptoms



**SUNDAY, SEPTEMBER 25 | 2:30 - 3:30PM**

**Brighthouse Branch, registered program**



Presenter John Pepper, was diagnosed with Parkinson's in 1992 when he was 58, has successfully managed his Parkinson's symptoms with his non-medical technique including walking and exercising. In the past thirteen year, Mr. Pepper has travelled the world to share his journey and to inspire others to learn how exercise helps fend off degenerative disorders and can defer dementia. Mr. Pepper's book, *Reverse Parkinson's Disease*, will be available for sale.

*For more details, visit [yourlibrary.ca/events](http://yourlibrary.ca/events), call 604.231.6413 or talk to a staff member.*

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