

Irene Treacy

Helping People with Parkinson's



CONTACT DETAILS

T: +353 85 8525766

E: irene@smoveyhealth.com

Facebook: HelpingPeopleWithParkinsons

www.helpingpeoplewithparkinsons.com



Irene Treacy, from Tramore in Co Waterford, became Ireland's only dedicated Parkinson's disease coach after initially setting up in business as a distributor of Smovey rings – a health and fitness product developed by Austrian tennis instructor Johann Salzwimmer after he was diagnosed with Parkinson's disease.

As a Smovey distributor, Irene had been working with people with Parkinson's, and she quickly realised her clients lacked knowledge and support when it came to knowing how to manage their condition and live a better lifestyle.

So, in March 2018, she decided to transition her business to offer exercise and education programmes to help empower people with Parkinson's.

Irene called her new business Helping People With Parkinson's, and she travelled to the UK to do specific Parkinson's training. She is also a certified NLP Practitioner and a yoga and meditation teacher. She will qualify as a Holistic Councillor in March 2021.

She credits ACORNS and her Lead Entrepreneur Mary Walsh with giving her the confidence to make the transition from her award-winning Smovey distribution operation to her new business.

She has spoken at Parkinson's Ireland national and local events and at a Global Parkinson's online forum. Irene has one employee and a studio in Tramore where she gives in person and online exercise and education programmes. She has clients in Ireland, the UK, the US and Australia.

Irene's biggest milestone has been the development of a Neuron alignment online course where every participant experienced significant improvement in their quality of life. This will become a trademarked course. In February 2021, UCC, who are researching Parkinson's treatments, are going to start testing Irene's programmes.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine