

ROCK STEADY BOXING LRAC

Rock Steady Boxing is a first-of-its-kind organization dedicated to improving the quality of life of people diagnosed with Parkinson's disease. Patients at all levels of symptom progression are seeing improved motor function as a result of intense non-contact, boxing style exercise.

Classes will be held Tuesdays and Thursdays from 11:00 am - 12:00/12:15 pm in The Box. There is no fee for members and non-members may participate for \$106 per month.

The class size is limited and there are a number of prerequisites including obtaining a doctor's note and completing an assessment that must be done prior to starting. If you or somebody you know is interested, please contact Mary at 225-3601, ext. 327, or molson@lrac.com. Our hope is to start our first class in November so please spread the word and tell anyone who is interested to contact us as soon as possible.