



FIGHTING BACK AGAINST PARKINSON'S

WHAT IS **PARKINSON'S**?

Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement.

WHAT IS **ROCK STEADY BOXING**?

Rock Steady Boxing improves the quality of life for people battling Parkinson's Disease through non-contact, boxing-inspired fitness training. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

All people with Parkinson's Disease, and their "Corner-man" are invited to participate. There is no age limit and no boxing experience is necessary.

ARE YOU **READY**?

We are learning everyday that there are ways in which people with Parkinson's Disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better.

Ready to get started? Contact us to set up an appointment with one of our coaches.



CHECK OUR 5 LOCATIONS FOR A CLASS NEAR **YOU**:

CAMBRIDGE, MA
Cambridge YMCA
820 Mass Ave.
Cambridge, MA 02139

Monday
2:00pm-3:30pm

RANDOLPH, MA
Corebox Training Center
11 Randolph Rd
Randolph, MA 02368

Wednesday
1:30pm-3:00pm

NEWTON, MA
Nonantum Boxing Club
75 Adams St. Newton, MA 02458

Tuesday
11:00am-12:30pm and 1:00pm-2:30pm

Thursday
11:00am-12:30pm and 1:00pm-2:30pm

Contact:
BIDMC | 617-667-9890

Dates and times are subject to change

LAWRENCE, MA*
Lawtown Boxing Gym
360 Merrimack Street
Lawrence, MA 01843
Building 9, Entry H Basement Level

Mon, Wed, Fri
10:30am-12:00pm (Level 1 & 2 Adv.)
12:30pm-2:00pm (Level 3 & 4)

Sunday
11:00am-12:30pm (Mixed Levels)

**Currently there is no wheel chair access at these locations*

CONCORD, NH*
Body Works Martial Arts
85 Manchester Street
Concord, NH 03301

Friday
11:30am-1:00pm (Level 3 & 4)
1:30pm-3:00pm (Level 1 & 2 Adv.)

Contact:
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