We offer several classes at the NYITCOM Adele Smithers Parkinson’s Treatment Center designed for people with Parkinson’s.

Sign Up Today for these Classes!

**Dance for PD**

*When: Tuesdays/ Thursdays at 1PM*
*Where: NYITCOM Wellness Gym located at the NYIT de Seversky Mansion*

Dance for PD classes invite people with Parkinson’s to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression, and physical confidence. Dance for PD is a Hybrid program (in person and Zoom).

**Taichi for PD**

*When: Tuesdays at 11AM*
*Where: NYITCOM Wellness Gym located at the NYIT de Seversky Mansion*

Taichi for PD will allow you to infuse time-proven traditional martial arts with modern innovative strength training, you will rejuvenate and empower every muscle and bone while sharpening your reflexes, fine-tuning your memory, and improving your balance to combat your Parkinson’s symptoms. Taichi for PD is a Hybrid program.

**Rock Steady Boxing**

*When: Mondays/Wednesdays/Fridays 7:45AM-12PM*
*Where: NYITCOM Wellness Gym located at the NYIT de Seversky Mansion*

The mission of Rock Steady Boxing is to empower people with Parkinson’s disease to fight back. Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson’s disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Rock Steady Boxing is a Hybrid program.

For more information, contact **Charles Siguenza**
by calling **516-686-7411**, emailing **csiguenz@nyit.edu**, or visit [https://sites.google.com/nyit.edu/nyit-wellness-info/home](https://sites.google.com/nyit.edu/nyit-wellness-info/home).