

Community Memorial Hospital Health Fit Fitness Center

Proud Affiliate of



Rock Steady Boxing is a non-contact boxing-style fitness program that improves mobility, balance, strength, and the quality-of-life of people fighting Parkinson's disease. **Rock Steady** classes have proven that anyone, at any level of Parkinson's, can actually **lessen their symptoms** and lead a **healthier and happier life**.

Classes begin on October 1

Tuesdays and Thursdays

10:30am - Noon

Community Memorial Hospital Health Fit

Cost: \$40/monthly

No drop in class available

*Must register before attending first class
by contacting Health Fit at **419-542-5680***

**Please ask for the packet that is required for your doctor to
complete prior to your first class.*



*Classes are taught by
Dave and Valeska Walker
Certified Rock Steady
Boxing Trainers*



FIGHT BACK AGAINST PARKINSON'S