

The Heights Parkinson's In Motion Program Presents *Rock Steady Boxing*

FIGHTING BACK AGAINST PARKINSON'S

Join us for Free interactive boxing session with coach Donna Calabrese from Hits & Kicks, LLC. Rock Steady Boxing is a non-contact class where we work on all the skills and drills of a boxer. The benefits of boxing are endless but for those with Parkinson's the major benefits include decreasing progression of the disease and increasing quality of life.

SPACE IS LIMITED



Every Second and Fourth Tuesday of the month starting April 8, 2025



1:30pm – 2:30pm



The Heights at Avery Heights
Thompson Room
550 Avery Heights, Hartford, CT 06106



To RSVP Email Siobhan at
smattingly@churchhomes.org
or call 860.372.2583

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FIGHTING BACK AGAINST PARKINSON'S



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Strength in optimism. Hope in progress.

