

# 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 Tuesday



1:30pm – 2:30pm



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



To RSVP Email Siobhan at  
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or call 860.372.2583

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