

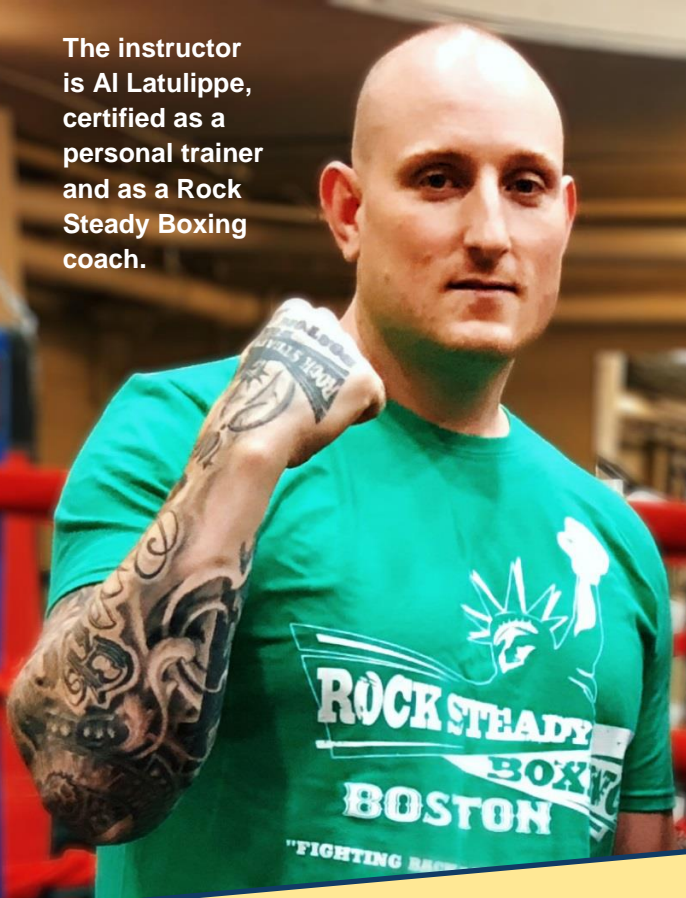
**Beth Israel Deaconess Medical Center's
Parkinson Disease and Movement
Disorder Center Presents**

ROCK STEADY BOXING BOSTON

Rock Steady Boxing classes are expanding to include care partners (space permitting). We are registering participants for sessions and a few openings for new students remain.

Participants for this series must be able to stand for all or most of the 1½ hour sessions (some breaks included).

The instructor is Al Latulippe, certified as a personal trainer and as a Rock Steady Boxing coach.



**Tuesdays, 11 a.m. or 1 p.m.
Thursdays, 11 a.m. or 1 p.m.**

\$195/12 Weekly Classes

\$60 Equipment fee for new participants

**Nonantum Boxing Club
75 Adams Street, Newton, MA**

Space is limited - Registration is required
Contact Rachael Dawson: 617-667-5215
rdawson1@bidmc.harvard.edu

WELLNESS WORKS



**Beth Israel Deaconess
Medical Center**



Beth Israel Deaconess Medical Center's
Parkinson Disease and Movement Disorders Center
is a Parkinson's Foundation Center of Excellence