

Fighting Back Against Parkinson's

**ROCK STEADY
BOXING
GRAND ISLAND**

GRAND ISLAND
Balance · Mobility
AQUATIC THERAPY CENTER

In This Corner, Hope!



**Non-combat boxing-style fitness routine
specifically for Parkinson's disease improve your**

Mobility

Balance

Strength

25,000+ participants worldwide experience reduced symptoms and improved quality of life.

Initial assessment required, to schedule, contact:

Balance Mobility Aquatic Therapy Center

Rock Steady Boxing affiliate

905 N Custer Ave

Grand Island, NE 68803

308.398.2170

\$75 assessment fee includes boxing gloves and hand wraps



**Rock Steady Boxing classes are held
several times/week at:**

Grand Island YMCA

221 E South Front St

Grand Island, NE 68001

(308) 395-9622

*Some of the nation's toughest fighters train
several times each week. But they don't fight
each other. They fight Parkinson's disease.*