

KEY BISCAIYNE COMMUNITY CENTER

PROUD SPONSOR OF

ROCK STEADY BOXING

VILLAGE of KEY BISCAIYNE



Rock Steady Boxing Is Back!!

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



IN THIS CORNER,
HOPE.



Classes taught by
Alexandre Furtado
Certified Rock Steady
Boxing Trainer

STARTS SEPTEMBER 8!
**Mondays, Wednesdays
& Fridays**
12:00 Noon — 1:00 PM
Oasis Room, 2nd Floor
Cost: Free
(For Key Biscayne residents only)

Must register before attending
1st class by contacting
Roxy Lohuis-Tejeda
305-365-8953

FIGHTING BACK AGAINST PARKINSON'S