

**Barnabas Health Ambulatory Care Center is...**

# **Now offering Rock Steady Classes to Parkinson's patients**

Benefits to parkinson's patients from rock steady boxing include:

- Improving gait through training your footwork
- Improving balance and coordination through glove work
- Feeling great and energized
- Improving confidence and quality of life
- Engaging in fun and fitness with friends



**Classes are held Tuesdays and Thursdays at 12:00 pm, 1:00 pm and 2:00 pm at the Center for Health and Wellness, 200 South Orange Avenue, Livingston, NJ.**



**Why choose Rock Steady with us?**

- Our coaches are all bachelors or masters prepared in the field of exercise physiology and trained to specialize in the exercise needs and goals.
- We work around any health concerns or limitations and help build confidence

Sign up for an initiation fee of \$15 with a monthly membership of \$45 for unlimited classes and use of the facility.

To learn more or to sign up for rock steady classes, please call **973.322.7444**, prompt 2.

The Center for Health and Wellness is a Rock Steady Boxing Affiliate.

**Barnabas Health  
Ambulatory Care Center**

**RWJBarnabas  
HEALTH**

Let's be healthy together.