



FIGHT BACK AGAINST PARKINSON'S!

Rock Steady Boxing gives people with Parkinson's hope by improving their quality of life through a non-contact boxing based fitness curriculum.

ROCK STEADY at the BOXING OTTUMWA FAMILY YMCA

SAVE THE DATE!



Your Ottumwa Family YMCA is in your corner!

Join us to celebrate Parkinson's Awareness Month and learn more about the newest program, for individuals diagnosed with Parkinson's, coming to your Ottumwa Family YMCA.



THE MAIN EVENT

Open House & Informational Demo

Date: Thursday, April 12th / Time: 1:30 - 2:30 pm / Place: Ottumwa Family YMCA - Fitness Studio

611 North Hancock St, Ottumwa, IA • ottumwaymca.com • (641)684-6571