

CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: www.heartstohands.org

They shall never cease to be entertained

DATE: July 11, 2015

TIME: 12:30 – 3:30 PM

Program: We will have our annual Picnic Starting at 12:30.

Our Program will be a Rock steady boxing demonstration.

WHERE: OSF Prompt Care

5114 N. Glen Park Place

Peoria, IL 61614

Please contact Roger or Barb at 309 699-7394 or by e-mail peoriapdgroup@comcast.net by Thursday July 9th, if you plan on attending, so that we can order the right amount of Chicken. Feel free to give us a call if you have question. The Support Group is going to provide Fried Chicken and water. We ask that if possible you bring your favorite dish to pass. Please bring your own table service.

PD boxing coming to Central Illinois.

July 20- August 12, 2015.

Crossfit 309.

704 E. War Memorial Drive

(behind Leonardos pizza- across the street from Alwans Meat Store).

It will be held on Mondays and Wednesdays from 2:30p-3:30pm.

The cost for the session is \$65 or drop in class is \$10.

The purpose of the pilot program is to obtain the interest in Central Illinois area prior to purchasing the bulk of equipment and receiving certification/ affiliation with Rock Steady Boxing. If there are any questions, please contact **Heidi Bauer at 309.750-7388.**

Rock Steady is a non-contact, boxing-inspired fitness program moving the body in all planes of motion. Each session challenges the boxer to continuously progress and have fun at the same time! RSB works to lessen symptoms and improve quality of life for all levels of Parkinson's.

<https://www.rocksteadyboxing.org/>