We offer several classes at the NYITCOM Adele Smithers Parkinson’s Treatment Center designed for people with Parkinson’s.

**Sign Up Today for these Classes!**

**Rock Steady Boxing**

*When: Mondays/Wednesdays/Fridays at 7:45, 9:15, 11:00 a.m.*
*Where: NYITCOM Wellness Gym located at the NYIT de Seversky Mansion*

The mission of Rock Steady Boxing is to empower people with Parkinson’s disease to fight back. Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson’s disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Rock Steady Boxing is a Hybrid program.

**Taichi for PD**

*When: Tuesday and Thursday at 11 a.m.*
*Where: NYITCOM Wellness Gym located at the NYIT de Seversky Mansion*

Taichi for PD will allow you to infuse time-proven traditional martial arts with modern innovative strength training, you will rejuvenate and empower every muscle and bone while sharpening your reflexes, fine-tuning your memory, and improving your balance to combat your Parkinson’s symptoms. Taichi for PD is a Hybrid program.

**Wellness Warriors**

*When: Thursdays at 2:30 p.m.*
*Where: NYITCOM Wellness Gym located at the NYIT de Seversky Mansion*

Focus on building your strength, balance and functional mobility through LSVT BIG and PWR exercises with our Physical Therapists in a supportive group environment.

For more information, contact Kaitlyn Pawlukojc by calling 516-686-7411, emailing kpawluko@nyit.edu, or visit https://sites.google.com/nyit.edu/nyit-wellness-info/home.