

NEW YORK INSTITUTE OF TECHNOLOGY

College of Osteopathic
Medicine

Adele Smithers Parkinson's Disease
Treatment Center

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 Pawluko**
by calling 516-686-7411, emailing kpawluko@nyit.edu,
or visit <https://sites.google.com/nyit.edu/nyit-wellness-info/home>.