

COUNTER PUNCH

Parkinson's



Discover the benefits of boxing and exercise for people with Parkinson's in a fun and supportive group led by Certified Coaches.

Developed by Parkinson's specialists and top movement experts to promote purposeful movements, improve posture and walking, and build strength and confidence.

**Show Parkinson's
who is the boss!**

Visit www.CounterpunchParkinsons.com to have a peek at the classes, learn more about the program, and find a location near you!

A black and white illustration of a person in a hoodie with 'COURT RUNCH' on it, holding a basketball, standing in a wooded area. The person is wearing a dark hoodie with the words 'COURT RUNCH' in bold, white, block letters across the chest. They are holding a basketball with both hands in front of them. The background consists of several large, textured tree trunks, suggesting a forest or wooded area. The style is a detailed, textured drawing, possibly a woodcut or a high-quality sketch.

www.counterpunchparkinsons.com

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