Hope Parkinson Program Receives Grant for Boxing Classes from National Parkinson’s Foundation

FORT MYERS, FL (July 25, 2022) – The Hope Parkinson Program recently received a $15,000 grant from the National Parkinson’s Foundation. This funding will support specialized boxing classes that are optimized for people living with movement disorders. Studies have shown that boxing drills and conditioning can help people with Parkinson’s disease stay active in a safe, supportive setting. Participants may improve their balance, agility, speed, endurance, accuracy, hand-eye coordination, footwork and overall strength.

Boxing is a high-energy, no-contact exercise that is ideal for people with mild to moderate Parkinson’s symptoms. Previous boxing experience is not required, and classes are led by professional instructors and trained volunteers. One of Hope Parkinson’s most popular instructors is certified Rock Steady boxing coach Erick Armstead. His unique teaching style creates a fun, uplifting atmosphere that inspires participants to push through challenges and gain confidence. To learn more about Rock Steady Boxing classes, visit armsteadfitness.com.

The National Parkinson’s Foundation community grant program funds community-based education and outreach programs addressing unmet needs.

The Hope Parkinson Program works closely with like-minded local organizations to provide a network of resources and education for people affected by Parkinson’s disease and related movement disorders. After launching in 2009, the Hope Parkinson Program has enabled more than 3,000 people in Lee County to experience the fullness of life through knowledge, movement and fellowship. As a community service provided by Hope Healthcare, the program is offered at no charge to participants and care partners. For more information, call 239-985-7727 or visit HopeParkinson.org.

#

Contacts:
Amy Objartel, Hope Healthcare, 239-985-7726, Amy.Objartel@hopehcs.org
Angela Bell, Gravina, Smith, Matte & Arnold Marketing and PR, 239-275-5758, Angela@gsma.pro