



ABOUT ROCK STEADY BOXING NYIT

The New York Institute of Technology College of Osteopathic Medicine has a professional multidisciplinary team which includes a neurologist, physical and occupational therapists, and speech-language pathologists, who have years of experience and are passionate about helping people with Parkinson's Disease to improve and maintain their quality of life. They also serve as RSB coaches.

HOURS

Classes are held at the NYIT De Seversky Mansion (building H on the map)

1 Northern Blvd, Glen Head, NY 11545

Monday, Wednesday & Friday classes

8:30, 9:45 and 11:00 (**please arrive 20 minutes before class to wrap hands**)

The 11:00 am class is a modified classes for people who may have more of a challenge with mobility and balance, and who may need some assistance to get around.

CONTACT INFO

Call to schedule an assessment.

Adele Smithers Parkinson's Disease Treatment center

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