

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!

Dance for PD

When: Tuesdays/ Thursdays at 1PM
Where: NYITCOM Wellness Gym located
at the NYIT de Seversky Mansion

Dance for PD classes invite people with Parkinson's to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression, and physical confidence. Dance for PD is a Hybrid program (in person and Zoom).

DANCE PARTY FOR
PARKINSON'S, INC.
a not-for-profit organization



Taichi for PD

When: Tuesdays at 11AM
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.

Rock Steady Boxing

When: Mondays/Wednesdays/Fridays 745AM-12PM
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.



ROCK STEADY
BOXING

For more information, contact **Charles Siguenza**
by calling **516-686-7411**, emailing **csiguenz@nyit.edu**,
or visit **<https://sites.google.com/nyit.edu/nyit-wellness-info/home>**.