
PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

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APRIL IS PARKINSON'S AWARENESS MONTH

Join Rock Steady Boxing for an Open House at Big Hill Park

April 12, 2018 - Join Rock Steady Boxing to fight against Parkinson's disease symptoms with an open house at 5 p.m. Thursday, April 26, at Big Hill Park, 1201 W. Big Hill Road, in conjunction with Parkinson's Awareness Month.

The event will include a short presentation by coaches Doug Anderson and Connie Udell followed by a Rock Steady Boxing class. Refreshments will be served. This event is sponsored by Beloit Parks and Recreation.

"Parkinson's disease is a chronic and progressive movement disorder that occurs when certain neurons, nerve cells in an area of the brain called the substantia nigra, become impaired or die," said Paula Schutt, senior center coordinator. "There are one million people in the United States with Parkinson's. There is no cure for this disease, but it has been found that regular exercise can help improve the symptoms."

Rock Steady Boxing for Parkinson's is held each Tuesday and Thursday from 5:30-7 p.m.

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