



ROCK STEADY BOXING

SCHEDULE YOUR
PRIVATE LESSONS
TODAY!



LEIGH HARTER
SPEECH SERVICES

Leigh Harter Speech Services
is proud to offer Rock Steady Boxing in a
1:1 therapy format to members of the community!

Work with our **Occupational Therapist** and **certified
Rock Steady Boxing Coach**, Paige Syjut, and fight back
against Parkinson's Disease!

Exercise recommendations include aerobic activity, strength training, balance, agility, multi-tasking, and stretching. It helps improve range of motion, strength, endurance, posture, trunk mobility, balance, breath support, cognition, vocal intensity, fall prevention, safety, and confidence!

Boxing principles not only benefit individuals with **Parkinson's Disease**, but can also benefit individuals with **Traumatic Brain Injuries, Spinal Cord Injuries, Multiple Sclerosis, and more.**

Regardless of diagnosis, our Certified Rock Steady Boxing coach will modify and adapt all exercises and stretches to fit individual needs to ensure safe, yet challenging performance.

JOIN US IN THE FIGHT AGAINST
PARKINSON'S

Leigh Harter Speech Services

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