



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GIVE PARKINSON'S THE GOOD OLE' ONE-TWO!

We promise that you will leave feeling empowered! Power Punch Parkinson's is Colorado's first non-contact boxing program for people with Parkinson's disease. Our classes have a unique partnership of expert boxing instructors from the Y with physical therapists from Life Care Center of Longmont. Recent physical therapy research has shown boxing to be effective in improving balance, mobility and quality of life. Our classes are fun, energetic and individualized to your abilities. Hand wraps and gloves provided.



**Free to members. Non-members may attend with guest fee.
Mondays, 2:00-3:00pm, Longmont Y**



YMCA OF BOULDER VALLEY
Serving Boulder, Broomfield & Weld Counties
ymcabv.org

Arapahoe Center 2800 Dagny Way • Lafayette, CO 80026 • 303-664-5455
Ed & Ruth Lehman Center 950 Lashley Street • Longmont, CO 80504 • 303-776-0370
Mapleton Center 2850 Mapleton Avenue • Boulder, CO 80301 • 303-442-2778