

ROCK STEADY BOXING

www.rocksteadyboxing.org

Opening October 2025

Beaufort Memorial LifeFit Wellness Center

Scan me



990 Ribaut Road
Beaufort, SC 29902

Rock Steady is more than just an exercise program. It is a community of people with a shared experience and challenge. It fosters a supportive and empowering culture. Everyone in a Rock Steady class is fighting back against their Parkinson's disease.

Beaufort Area Parkinson's Support Group

www.pd-help.com

beaufortparkinsonsgroup@gmail.com

843-252-1327

**COMING
SOON**