

BEAUFORT AREA PARKINSONS SUPPORT GROUP

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 Memorial

ROCK STEADY BOXING

For more information:

www.rocksteadyboxing.org



www.pd-help.com



beaufortparkinsonsgroup@gmail.com



843-252-1327

Our Mission Statement

In partnership with Beaufort Memorial LifeFit Wellness Center, your donation will jumpstart and help maintain a nationally recognized exercise program in Beaufort that is centrally located and accessible to all while improving mobility and morale.

Donate



*Please note Rocksteady
in the comments*

Thank You