

# Elmbrook Village at BOZRAH

*Invites you to join us for*

a Presentation and Demo from

## ***RUDE DOG BOXING CLUB***

*“Punches Out Parkinson’s Disease”*

Wednesday January 15, 2020

Starting at 2:00 pm



*Rude Dog teaches those who have Parkinson’s Disease exercises that include hitting a speed bag, a heavy bag, and practicing in the ring. These exercises improve balance, strength, and gait.*

**RSVP BY JANUARY 12TH TO 860-861-9704**

**OR CONCIERGE@ELMBROOKVILLAGE.COM**

**SNOW DATE WEDNESDAY JANUARY 22, 2020**