

ROCK STEADY BOXING WARM HEARTH VILLAGE



FIGHT BACK AGAINST PARKINSON'S DISEASE

**Parkinson's Support Group
Now Available**

First Thursday of every month at 2:30pm

Rock Steady Boxing is a unique exercise program based upon training used by professional boxers to help alleviate the symptoms associated with Parkinson's Disease. Warm Hearth Village is the first senior living community to offer the Rock Steady program in Virginia.

Call (540) 443-3474 for more details and to see if you might benefit from Rock Steady Boxing at Warm Hearth Village.

OPEN TO THE PUBLIC

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Warm Hearth Village