



FOR IMMEDIATE RELEASE

Rock Steady Boxing for People with Parkinson's Comes to CHI St. Joseph's Health in Park Rapids

PARK RAPIDS, MN (May 10, 2018) – Rock Steady Boxing, a unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson's disease, is now available at CHI St. Joseph's Health Physical Rehabilitation and Fitness Center in Park Rapids. The program involves regular exercises, such as stretching, bicycling, running, jump-roping, push-ups, balancing and lots of non-contact boxing, led by experienced trainers/coaches. Rock Steady Boxing serves both men and women of all ages and levels of ability.

CHI St. Joseph's Health is offering a FREE Lunch "N" Learn on Rock Steady Boxing for Parkinson's Disease on June 5, 2018 from 12:30-1:30pm at CHI St. Joseph's Health Lower Level Conference Rooms. The seminar is free and lunch is complimentary. To attend, please RSVP by May 31 to 218.616.3008.

"We are fortunate to be able to offer this program to our area," said Alicia Reardon, CHI St. Joseph's Health Lifestyle Navigator. Reardon and her colleague Deanne Kivi, CHI St. Joseph's Health Occupational Therapist, both successfully completed the Rock Steady Boxing Training Camp, and are certified to coach and offer Rock Steady Boxing training classes to individuals with Parkinson's disease who live in the area. Classes meet weekly on Thursday from 11:30 a.m. to 1:00 pm in the Physical Rehab gym at CHI St. Joseph's Health. Rock Steady Box is an exercise program designed to improve the mobility, balance and strength of people fighting Parkinson's.

The Rock Steady Boxing Method was developed in Indianapolis over the course of seven years. In 2012, the Training Camp was launched to share the Rock Steady Boxing Method with other people who are fighting back against Parkinson's. Today, there are 580 Rock Steady Boxing around the world, initiated by certified Rock Steady Boxing "Coaches." All completed the requirements of Rock Steady Boxing and have been officially certified in the Rock Steady Boxing headquarters and training center in Indianapolis.

"We have always believed in the Rock Steady Boxing Method," said Rock Steady Boxing, Inc. Executive Director Joyce Johnson. "When evidence began to emerge that our program had a very positive impact on the 'boxers', our mission became clear -- to share our knowledge and experience with all people with Parkinson's. That is why we decided to make our training available worldwide-- to train as many as we can so together we can improve the care of people with Parkinson's everywhere."

Rock Steady Boxing, Inc., a non-profit organization, was founded in Indianapolis in 2006 with six participants. Participation has steadily increased to more than 155 members today, including men and women ranging in age from 35 to 90. Classes are geared to people at all stages of Parkinson's disease. Multiple volunteers contribute their time and talents to assist with the classes.

It is estimated that there are more than 1 million people in the United States diagnosed with Parkinson's disease, and more than 60,000 people are diagnosed each year. Rock Steady Boxing is the first gym in the country dedicated to the fight against Parkinson's.

For additional information about Rock Steady Boxing CHI St. Joseph's Health, visit www.CHISJH.org . Additional information about Rock Steady Boxing Inc. and Parkinson's disease is available at www.rocksteadyboxing.org.

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About CHI St. Joseph's Health

CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams received several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national, regional and state recognitions.

About CHI

St. Joseph Hospital is part of Catholic Health Initiatives (CHI), a national nonprofit health system based in Englewood, Colorado. The faith-based system operates in 18 states and includes 103 hospitals, as well as long-term care, assisted- and residential living communities; community health services organizations; home health agencies and outpatient facilities and services. In fiscal year 2016, CHI provided more than \$1.1 billion in financial assistance and community benefit. CHI generated operating revenues of \$15.9 billion and has total assets of approximately \$22.7 billion.

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Contact: Judy Miller
Communication/Marketing Manager
CHI St. Joseph's Health
600 Pleasant Avenue
Park Rapids, MN 56470
218.616.3310