

OHIO

EXERCISE PROGRAMS

Toledo, Ohio: International Boxing Club (IBC)

5965 Telegraph Road

Toledo, OHIO 43612

419-450-8435 Coach Harry Cummins

E-mail: hec3rd@aol.com

About Knock Out Parkinson's: Parkinson's (KOP) is a therapeutic boxing program for individuals of varying ages diagnosed with Parkinson's disease. The coach is a Certified Rock Steady Boxing Trainer. The program is a result of a Capstone project developed by a recent University of Toledo Occupational Therapy Doctorate graduate, Rachel Lopez (Martinez). There is NO FEE for this program.
Schedule for Knock Out Parkinson's

Monday - 9am to 10am

Tuesday - 4:30pm to 5:30pm

Wednesday - 9am to 10am

Thursday - 4:30pm to 5:30pm

Friday - 9am to 10am

Click on this link to see a GREAT video about the program:

<http://www.ibctoledo.org/knock-out-parkinsons.html>