



# BXR<sup>®</sup>

LONDON



# BOXING & EXERCISE WITH POSITIVE PARKINSONS PLUS

TRAINING CONDUCTED BY BOXING COACH HAROLD TACKIE

**BENEFITS OF  
BOXING & EXERCISE  
FOR MEN & WOMEN  
WITH PARKINSON'S:**

- Core strength for balance
- Delays the disease
- Improves your mentality & physical limits

EVERY THURSDAY FROM 21<sup>ST</sup> NOVEMBER  
2-3pm

Sessions to be carried out by BXR's Coach by  
**Harold Tackie**

£10 PER SESSION

FREE CHURCH HALL, NORTHWAY, NW11 6PB

0776 741 3133