



**MEDIA CONTACT:**

[jbrowning@ymcaswfl.org](mailto:jbrowning@ymcaswfl.org)

**Parkinson's Foundation Grants More Than \$2.2 Million to Local Communities for Parkinson's Programs**

*YMCA of Southwest Florida Awarded \$15,500 for Rock Steady Boxing in Southwest Florida*

**NEW YORK & MIAMI – July 22, 2021** – The Parkinson's Foundation today announced the recipients of more than \$2.2 million in community grants for Parkinson's programs across the country. Community grants support local health, wellness and educational programs that address unmet needs in the Parkinson's disease (PD) community. YMCA of Southwest Florida was awarded \$15,500 for Rock Steady Boxing in Southwest Florida, a program that uses fundamentals of boxing training in addition to Parkinson's specific exercises which studies have shown to reverse, reduce & even delay the symptoms of Parkinson's.

"We are pleased to be able to provide these community grants and to expand programs and resources throughout the Parkinson's community," said John L. Lehr, Parkinson's Foundation president and chief executive officer. "Every one of these grant recipients shares our commitment to making life better for people with Parkinson's disease."

The Parkinson's Foundation awarded more than \$2.2 million in community grants, ranging from a minimum of \$5,000 to a maximum of \$25,000 per grant application. This year's grant cycle focused on three areas, including: programs that provide services for diverse and underserved populations, initiatives that reach the newly diagnosed and programs that address mental health and Parkinson's. Of the \$2.2 million being granted, \$1.6 million will help fund essential programs that focus on diverse and underserved Parkinson's communities.

"YMCA of Southwest Florida is grateful for the support of the Parkinson's Foundation," says Gene T. Jones, YMCA of Southwest Florida President and CEO. "This partnership will allow the Y to expand its Rock Steady Boxing program. Together, we will be able to bring resources into the community that will help serve individuals with Parkinson's through specialized wellness programming."

Programs funded by the Parkinson's Foundation community grants also include wellness, dance, music therapy and educational programs that help people with Parkinson's live better with the disease. These programs will benefit communities in 40 states across the country.

Since 2011, the Parkinson's Foundation has funded more than 580 community-based programs that help address unmet needs for people with PD. To see the full list of the 2021 community grant recipients, visit [Parkinson.org/CommunityGrants](https://www.parkinson.org/CommunityGrants).

**###**



## **About the Parkinson's Foundation**

The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community. Since 1957, the Parkinson's Foundation has invested more than \$368 million in Parkinson's research and clinical care.

Connect with us on [Parkinson.org](https://www.parkinson.org), [Facebook](#), [Twitter](#), [Instagram](#) or call (800) 4PD-INFO (473-4636).

## **About Parkinson's Disease**

Affecting an estimated one million Americans and 10 million worldwide, Parkinson's disease is the second-most common neurodegenerative disease after Alzheimer's and is the 14th-leading cause of death in the United States. It is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression), as well as non-motor symptoms (e.g., depression and anxiety). There is no cure for Parkinson's and 60,000 new cases are diagnosed each year in the United States alone.