



## **Rock Steady Boxing Exercise Grant**

Rock Steady Boxing at Uppercut Boxing Gym is a Wellness Partner of the Parkinson's Foundation Minnesota (PFM). The PFM has provided funds to Uppercut in recognition of RSB's value in the fight against Parkinson's. Uppercut uses these funds to provide exercise grants to RSB members who need help paying for the program.

**What is the dollar amount of the grant?** \$250 per year.

**How many grants can I receive?** One per year, with clock starting when your grant is awarded. This one-grant-per-year limit includes grants issued by other organizations, such as APDA-MN.

**Who may apply for the grant?** Any member of Rock Steady Boxing at Uppercut Gym who needs help paying for the program may apply for the grant. Although Uppercut does not do a financial needs assessment, we want to help as many people as possible so encourage you to apply only if you need financial assistance.

**When can I apply for a grant?** New members must pay for at least one class package before applying for a grant. Otherwise, you may apply at any time; grants will be awarded starting June 1, 2018.

**How do I use the grant to pay for RSB at Uppercut?** If you are awarded a grant, we will apply it to your account based on your desired membership package and its associated rates and regulations. *Classes being purchased with grant funds must be used within a 60-day period.* (Purchased class packages expire within 30 days or as posted.) Grant may be used only for RSB at Uppercut.

**How many classes / months of membership does the grant cover?** It depends on how often you attend class and which membership package you choose. If you attend and pay for single classes, it will cover 10 classes at current rates. If you sign up for a 4-class package, it would cover about 3½ months; if you attend two classes a week and have an 8-class package, it would cover just over 2 months, etc.

**How do I apply for a grant?** Please complete the information below and turn it in to an RSB coach. Please allow up to two weeks for processing.

**What is the Parkinson's Foundation Minnesota?** The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything it does, it builds on the energy, experience and passion of the Parkinson's community. Parkinson's Foundation Minnesota provides the local Parkinson's community with access to resources and services that include support groups, wellness classes and education programs available at no-cost to people with Parkinson's and their care partners.

As a voluntary health organization, the PFM relies on the generosity of individuals, foundations and businesses to serve the Parkinson's community. Eighty cents of every donor dollar is invested in programs serving people affected by Parkinson's.



