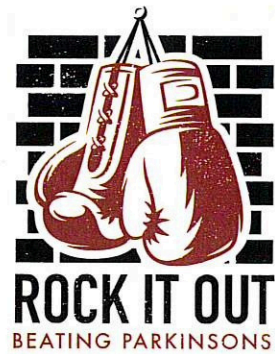


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Dear Friend,

As we approach the end of another impactful year at Rock It Out, we want to take a moment to reflect on the incredible progress we've made together. Because of the generosity of our donors in 2024, we were able to provide a safe and supportive exercise environment for our 70+ boxers to improve their physical and mental health, lessening and delaying their Parkinson's symptoms. Many of our participants have inspirational stories of improvement like Dan's and Michael's.

This year, thanks to your generous support, we've been able to empower countless individuals battling Parkinson's Disease, like Dan and Michael. However, our work is far from finished. Nearly 90,000 people in the US are diagnosed annually, and more than 10 million people worldwide are living with Parkinson's. Rock It Out has entered its 11th year of fighting back. But we can't do it without your help. We are counting on donors like you to help us reach our goal of \$50,000. Your year-end donation will directly impact our program, allowing us to:

- Continue to provide high-quality instruction to new coaches and volunteers.
- Expand our outreach efforts to ensure the Parkinson's community knows of our services.
- Assess the progress of our boxers and use this data to evaluate and improve our program.
- Offer education to our boxers and their families about living well with Parkinson's.

Every gift directly impacts the lives of people with Parkinson's Disease, one punch and one story at a time. Thank you for believing in Rock It Out's mission and for providing HOPE for those throughout the Parkinson's community.

With gratitude,

Maria Pujolas  
Executive Director, Rock It Out

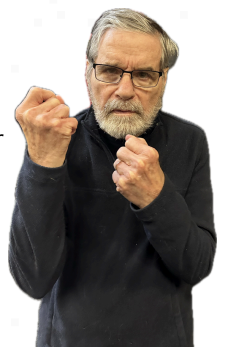


"Maria's Rock It Out classes have had a near-miraculous effect on my mobility, equilibrium, energy levels, and concentration, allowing me to continue teaching a college class, editing a classical music website, and playing organ on Sundays. Boxing works!"

-Dan

"Since Parkinson's is permanent, I am constantly fighting and trying to improve. I come to Rock It Out as much as possible for boxing, yoga, and spinning. The total body workouts at Rock It Out have given me better balance - I used to fall all the time, but I haven't fallen for one and a half years! My Parkinson's progression score has fallen significantly since I started Rock It Out."

-Michael



Rock-It-Out, Inc. is a nonprofit 501(c)(3) organization (EIN # 84-3905688). Thank you for supporting the fight against Parkinson's disease.

ROCK STEADY  
BOXING  
CLEVELAND