



FIT4 BOXING CLUB

presents:

8TH ANNUAL DR. BELL PUNCHING OUT PARKINSON'S AMATEUR FIGHT NIGHT



TO BENEFIT:



Fight Night 2025 - Punching Out Parkinson's

Presented by Fit4 Boxing Club

Saturday, February 1, 2025

Pittsburgh Shrine Center, Cheswick, PA

Order of Events

4:30 pm - VIP Early Entry (VIP Ticket Holders ONLY)

5:00 pm - DOORS OPEN for all ticket holders

5:00 pm - 6:00 pm - Cocktail Hour

6:00 pm- Dinner Served

(Please be seated promptly to allow for dinner service to begin on time)

7:00 pm - Opening Ceremony

Brett Burkhart & Mike Clark, co-emcees

Opening Remarks & Welcome - Mike Clark

Thank You - Laurie Mushinsky

Rock Steady Champions Presentation - Brett Burkhart & Mike Clark

2025 Champions:

Harlee Abromson-Kuth, Rock Steady Fighter, Murrysville

Maurice Cerul, Rock Steady Fighter, Allison Park

Singing of the National Anthem - Ava Mushinsky

Pledge of Allegiance - Mike Clark

Singing of "Sweet Caroline" - led by Brett Burkhart

7:30 pm - FIRST BELL of the evening

Ring Announcer - Brett Burkhart

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Dr. Edward Amoroso is the Founder of TAG Infosphere, Inc., a global research and advisory firm based in New York City. With over 25 years of experience in cybersecurity, research, computer science, physics, and business, Ed has made significant contributions across academia and industry.

Find out more, contact: **Laurie Mushinsky**, VP Customer Success,
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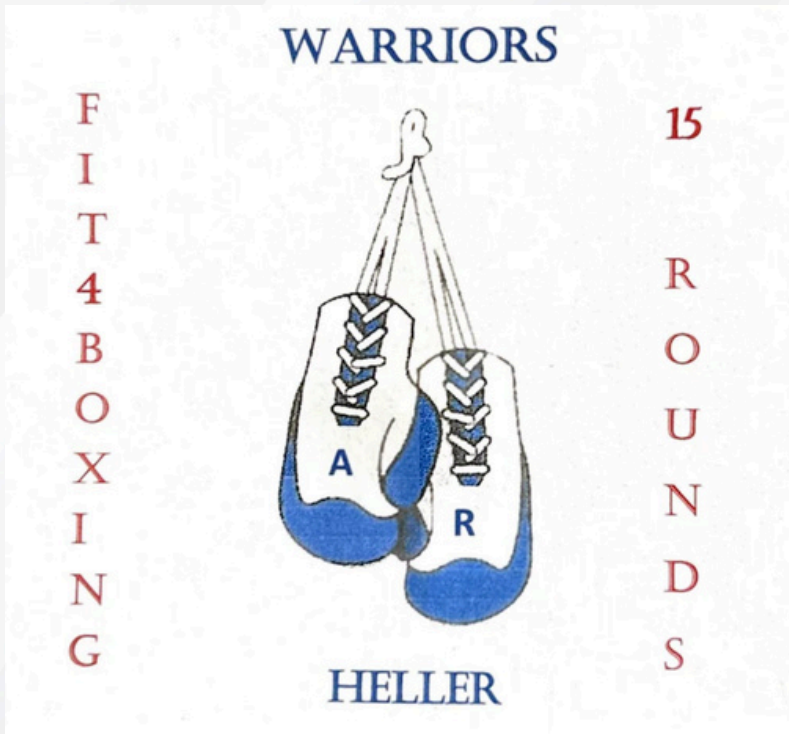
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Good luck and God Speed to our son Donovan McNelis (1st Lt. USMC) and our daughter-in-law Kate McNelis (1st Lt. US Army) on their first deployments. We enjoy the Freedom's we have because of people like you.



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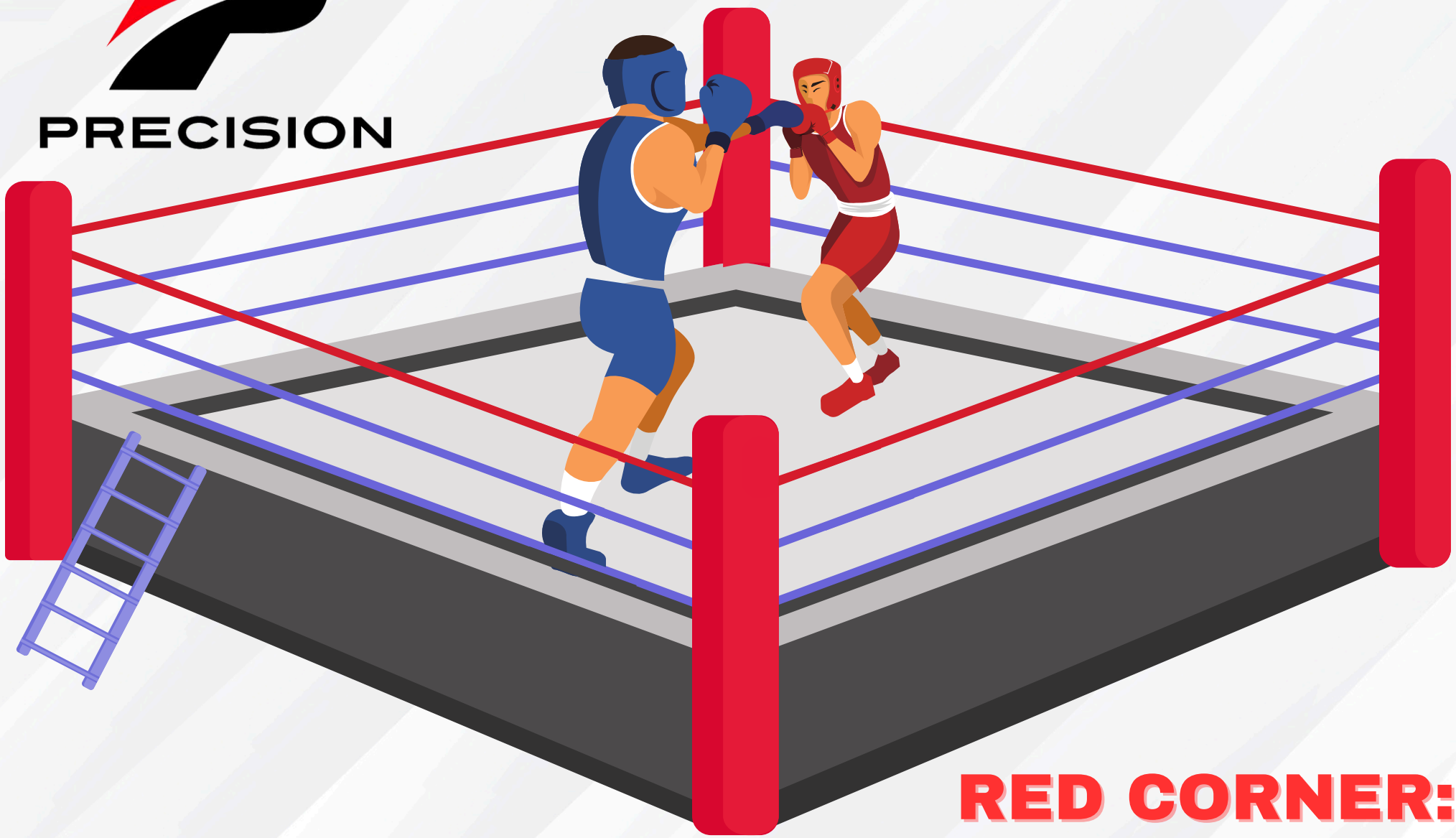
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GYM

The logo for Rock Steady Boxing Pittsburgh is displayed at the top. It features the words "ROCK STEADY" in a bold, white, sans-serif font with a black outline, set against a dark blue background. Below this, the word "BOXING" is written in a larger, bold, white, sans-serif font with a black outline, also on a dark blue background. At the bottom, the word "PITTSBURGH" is written in a bold, white, sans-serif font with a black outline, set against a yellow background. The entire logo is framed by a stylized, jagged border in blue and yellow.

ROCK STEADY BOXING PITTSBURGH

LOCATED AT FIT 4 BOXING CLUB

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**4706 WILLIAM FLYNN HWY ALLISON PARK, PA 15101
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**5549 OLD WILLIAM PENN HWY EXPORT, PA 15632
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WHAT IS ROCK STEADY BOXING?

Rock Steady Boxing enables people with Parkinson's disease to fight back against their condition by providing non-contact boxing-style fitness programs that improve their quality of life and sense of efficiency and self worth. Recent studies also suggest that intense exercise programs may be "near-protective," actively working to delay the progression of symptoms. Rock Steady Boxing provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance, and flexibility. Boxing works by moving your body in all planes of motion, continuously changing the routine as you progress through the workout. Rock Steady Boxing classes have proven that anyone, at any level of Parkinson's, can lessen their symptoms and lead a healthier, happier life.

HOW TO GET INVOLVED

Rock Steady Boxing classes are held at both of our Fit 4 Boxing Club locations. You can check our website at www.fit4boxingclub.com for each location's schedule. If you know anyone fighting this disease that may be interested in the program, please have them contact us at their corresponding location's phone number or via email at info@fit4boxingclub.com to schedule their evaluation before starting the program.

Introducing our honoree's of the night...

Rock Steady Boxing Champion - Murrysville: Harlee Abromson-Kuth

Harlee grew up in Mt. Pleasant, close to the coke ovens, which are believed to have caused environmental factors that may contribute to Parkinson's disease. She is a highly accomplished psychotherapist in private practice and is still seeing patients today. Harlee lives in Penn Hills with her husband, John, and their three goldendoodles. She was diagnosed with Parkinson's disease two years ago, but her symptoms began four years prior to that. She has been coming to Rock Steady Boxing at Fit 4 Boxing's Murrysville location since the beginning of her diagnosis, and she sometimes comes twice a day. Harlee works hard not only to stave off the progression of her own symptoms but also to help uplift the other Rock Steady Boxers around her to do the same.

Rock Steady Boxing Champion - Allison Park: Maurice Cerul

Maurice was born in a tough neighborhood of Boston called Dorchester. At 87 years old, Maurice is Fit 4 Boxing Club's oldest Parkinson's fighter. He overcame a childhood of gang activity and juvenile delinquency to become an accomplished doctor of psychiatry, graduating from Harvard University and then attending Pitt Medical School. Maurice has attended Rock Steady Boxing for nearly 10 years. When he first came, he could hardly make it through a one-hour class. Now, he flourishes during the hour-long workout and helps to energize and motivate the other Rock Steady boxers around him to do the same.

Punching out Parkinson's Lifetime Achievement Award recipient & Rock Steady Boxer- Allison Park: Frank Vertosick

Dr. Vertosick is an accomplished neurosurgeon and renowned author, known for his bestselling novel When the Air Hits Your Brain. Frank lives in Fox Chapel with his wife, Kathy, and has been attending classes at Rock Steady Pittsburgh for nearly ten years. He was diagnosed with early onset Parkinson's when he was in his forties and had to retire from surgery. He instead went into private practice, where he would go on to treat more than 12,000 patients from all over the U.S.

Singing "God Bless America", Down to Box Fighter, Fit 4 Boxing Club - Murrysville: Joe Hnath

Joe Hnath is a performer and autism self-advocate. He was diagnosed with autism when he was just 22 months old and found his love for music by the age of 5. Joe has performed with Band Together Pittsburgh at countless Pittsburgh events, including the Blues and Roots Festival and at the Benedum for A Very Yinzer Christmas. Joe has also performed the National Anthem and "God Bless America" at PNC Park. In addition to singing, you can catch Joe on stage with Stage Right at The Palace Theater in Greensburg, in local and student films, and as a guest speaker at autism-related events and conferences. Joe is also a proud member of the Fit 4 Boxing Down to Box program!





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-Rich, Laurie, & Brett

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Bugsy O'Connell

Colleen Perrucci

Courtney Walker

Dan Wrobel

Emily Miknis

Erica Ledonne

Grace Kay

Greg McDonald

Jess Hatheway

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And a special thanks to our Slippery Rock interns, Sara Wilt and Emily Mazinski!

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Thank you for supporting Fit 4 Boxing Club and Rock Steady Boxing Pittsburgh in our mission to punch out Parkinson's disease! Your generosity and dedication make it possible for us to empower individuals across Western PA to fight back against their disease. We couldn't do it without amazing supporters like you!



Dr. Michael Bell 1938-2017

