



Dear Dr. Chuck Matthews,

I would like to take this opportunity to introduce Rock Steady Boxing San Diego (RSBSD) and convey our excitement and enthusiasm at the prospect of joining the *Live Well San Diego* Partner community. RSBSD's mission is two-fold; firstly, to train people diagnosed with Parkinson's Disease (PD) to "Fight Back" via the use of boxing and other forms of rigorous exercise programs, which are proven to extend the duration and quality of life, while offering support to the fighters' families. Secondly, to educate medical practitioners and the insurance industry – in particular Medicare - to prescribe and cover RSBSD's programs and inclusion in institutional curriculums.

From the initial meeting with Chairwoman Kristin Gaspar and Mrs. Christi Knight it was abundantly clear that RSBSD was fully aligned with the *Live Well San Diego's* vision, mission and values. Moreover, we are particularly excited at the opportunity to meet and collaborate with the *Live Well San Diego* partner community. Partnering is a vital component of our growth strategy. Accordingly, we fully understand that we can't achieve our mission or be successful working alone. RSBSD is in its fourth year of operation and is 100% focused on teaching people diagnosed with PD to fight back against the disease by preventing falls, which are the leading debilitating injury for PD fighters. Currently our fighter community ranges in age from 32 to 93 years old.

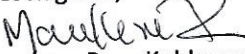
Why just focus on PD you may ask? While there is a multiplicity of different exercise programs targeting all manner of fitness objectives, very few, if any, exclusively focus on addressing the needs of this under served and in many instances low-income community. Therefore, PD fighters are in urgent need of specialized programs and help. They are not just looking to improve their level of physical fitness; they are fighting to stay alive. The San Diego Parkinson Association estimates there are some 60,000 persons in the County of San Diego fighting PD, many in secret, afraid of what people think. RSBSD programs and services help improve quality of life and fully align with the County's vision of building better health, living safely, and thriving.

Recognition and community activities:

- Collaboration with the University of St-Augustine for Health Sciences, California State San Marcos in the form of lectures and hosting Occupational and Physical Therapy student's in RSBSD Boxing Gym facility in Escondido.
- Examples of RSBSD commitment to paying it forward in the community are evidenced by its participation in fundraising events; donations currently standing over \$25,000
- RSBSD is the only boxing program included in the Parkinson Foundation's Center of Excellence.

RSBSD policy is that no Parkinson's sufferers are ever turned away irrespective of their disease progression, transportation needs or financial circumstances. RSBSD is committed to contributing to a thriving community and is looking forward to partnering with San Diego County and its many partners to advance the *Live Well San Diego* vision

Best Regards,


Marylene Rosa Kuhlmann

Founder and Head Coach

Rock Steady Boxing San Diego