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Christine Offers Inspiration to the Rock Steady Boxing Class

The Geneva Lakes Family YMCA is delighted to share this incredible Y success story written by Christine, one of our Rock Steady Boxing class participants. Using the financial assistance program, Christine joined the Y to fight back against Parkinson's. Christine is a talented Artist who writes Children's Books and Poems. She prepares a new poem for each class and closes with a reading to offer encouragement.

My name is Christine and I am a poet and an Artist. My wonderful husband Vince and I enjoy watching the birds. I go to the YMCA to participate in the Rock Steady Boxing class. I am so thankful for the Y. The class has offered friendship, inspiration and exercise that has fulfilled my body and soul.

The Snippet

Everyday I write a snippet
And get my feelings out
It makes me feel good in every way
To give the world a shout

To share what's racing round in my head
Helps me to really cope
Seeing the words in front of me
Gives me a little hope

If you're wondering what I'm saying
Just let me fill you in
Everyday's a little struggle having Parkinson's

Everyday I make a wish
A wish for all who struggle
With some affliction or
Disease and are having a little trouble

I wish for moments of feeling good
Of feeling like your old self
To laugh till you almost forget
Cause days like that are the Best Yet!!!

-Christine S.

Thank you Christine for all of your inspiration! If you would like to be inspired, please consider volunteering in this amazing class that meets on Tuesdays/Thursdays/Fridays from 10:30-noon. For more information on volunteering or class participation, please contact Rob Breidenbach at Rob.Breidenbach@glymca.org.



Christine finds friendship, inspiration & strength in the Rock Steady Boxing class at the Geneva Lakes Family YMCA.