



Arkansas Wellness Programs

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

**An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

FAYETTE

***Beating Parkinson's Together, Washington Regional Medical Foundation**

(updated August 2023)

The Pat Walker Center for Seniors at Washington Regional is devoted exclusively to the service of older adults and because of this, the staff and services are uniquely sensitive to their needs and abilities. The primary focus of the Beating Parkinson's Together program is to provide education and support to newly diagnosed Parkinson's patients and their care partners. This program gives patients who have received a Parkinson's diagnosis the opportunity to learn more about this complex disease, help them understand and develop a comprehensive approach to care and treatment, help with symptom management, reduce care partner strain, and improve quality of life. Our program includes a series of lunch and learn workshops as well as referrals for support services, and exercise classes.

In addition to the educational information, patients will be encouraged to enroll in classes. Exercise classes offered include Tai Chi, Essentrics, Cognitive Physical Fitness and Yoga. All are designed to target the motor abilities often impacted by Parkinson's.

Location: Fayetteville, AR – Meeting in-person

Fee: None

For more information, contact Sara Eichmann at seichmann@wregional.com.

Link to Website [here](#).



Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

FORT SMITH

Support + High Intensity Functional Training for People with Parkinson's & care partners (SHIFT-PD)- Fort Smith, Arkansas Colleges of Health Education, *Group-based exercise classes and support group meetings for people with Parkinson's and their care partners. Care partners are strongly encouraged to actively participate in both. Exercise classes are varied and include non-contact boxing, cycling, weight-lifting, jump roping, speed and agility training.*

Location: Fort Smith, AR

For more information, contact Reed Handlery at reed.handlery@acheedu.org.

Link to website [here](#).

LITTLE ROCK

Parkinson's Support Services through UAMS Movement Disorders Clinic

Support Groups, Mindfulness, Yoga, Art classes, Educational programs

Location: Hot Springs, AR 71913

Contact: UAMS Parkinson's Health Educator: Suzanne Dhall at sjdhall@uams.edu or 602-635-0739.

PULASKI

Community Fitness PWR!Moves Program, University of Arkansas Medical Science

Location: Little Rock, AR 72205

For more information, contact Christopher Oholendt, Rehab Program Manager, UAMS Outpatient PT/OT at ckoholendt@uams.edu or 501-686-6353.

Link to Website [here](#).

SILOAM SPRINGS

Parkinson's Exercise Program, Holly Street Physical Therapy

Location: Siloam Springs, AR, 72761

For more information, contact Holly Smith at hsmith280@gmail.com or 479.524.8028.

Link to Website [here](#).