



Indiana Wellness Programs by City

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.

<p><u>Bloomington</u> <u>Brownsburg</u> <u>Crawfordsville</u> <u>Evansville</u> <u>Fort Wayne</u> <u>Fishers</u> <u>Greenwood</u></p>	<p><u>Indianapolis</u> <u>Lebanon</u> <u>Munster</u> <u>New Albany</u> <u>Noblesville</u> <u>Vincennes</u> <u>West Lafayette</u> <u>Zionsville</u></p>
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If you would like to be added to this list, or if the details of your program need to be updated, please contact us by emailing Midwest@parkinson.org.

September 2022



Indiana Local Wellness Groups

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.

BLOOMINGTON

IU Health

Rock Steady Boxing Bloomington

Location: Bloomington, IN 47403

For more information contact, MJ Bertrand- 812-353-5664, iuhb@rsbaffiliate.com

Parkinson's Wellness Center

Serving people diagnosed with PD, at beginning & moderate levels with vibrant classes & support groups. Offers multiple exercises, activities, education, resources, and hope for stronger bodies & minds.

Location: Bloomington, IN 47404 – Meeting online

For more information contact, Carolyn Utesch at 260-710-4932 or

carolyn@parkinsonswellnesscenter.com.

Link to Website [here](#).

BROWNSBURG

Rock Steady Boxing of Brownsburg

Rock Steady Boxing fitness program for persons with Parkinson's

Location: Brownsburg, IN 46112- Meeting in-person

Fee: Yes

For more information contact, Nicole Ross at 317-939-0166 or

brownsburg@rsbaffiliate.com.

CRAWFORDSVILLE

Whitesville Christian Church

The Climb Parkinson's Exercise

Location: Crawfordsville, IN 47933

For more information contact, 765-362-3896

EVANSVILLE

Pedaling for Parkinson's

Pedaling for Parkinson's is a 1 hour cycling class focusing on maintaining a consistent RPM and improving endurance. Classes offered at the Ascension St Vincent YMCA and Dunigan Family YMCA.

Location: Evansville, IN 47708 - Meeting in-person.

Fee: Yes

For more information, contact Meghan Craven at 812-492-6710 or

craven@ymcaswin.org.

Link to website [here](#).

This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).

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Ascension St Vincent YMCA

Rock Steady Boxing Evansville

Location: Evansville, IN 47708 – *Meeting in-person.*

Fee: Yes

For more information contact, Meghan Craven- 812-492-6710,
rocksteady@ymcaswin.org or craven@ymcaswin.org.

Link to Website [here](#).

FISHERS

iCLIMB

iCLIMB is a subscription-based exercise program focused on improving the quality of life for those with Parkinson's disease.

Location: Fishers, IN 46038 – *Meeting in-person and online*

Fee: Yes

For more information contact, Addie Cunningham at 317-690-0315 or
addie@indianaparkinson.org.

Link to Website [here](#).

FORT WAYNE

Turnstone Center

Ft. Wayne Exercise & Speech Therapy Classes

Location: Ft. Wayne, IN 46805

For more information contact, Dan & Ruby Spangler, 260-486-4893
dspangl16@frontier.com.

Lutheran Life Villages *(updated October 2023)*

Rock Steady Boxing Ft. Wayne

Location: Fort Wayne, Indiana 46816 – *Meeting in-person*

Fee: Yes

For more information contact, Maizy King at (260) 447-0800 x2239 or
aking@lutheranlifevillages.org.

Link to Website [here](#).

GREENWOOD

Mount Pleasant Christian Church, Community Life Center

The Climb South Parkinson's Exercise

Location: Greenwood, IN 46142

For more information contact, Penny Clayton, 317- 881-6778,
pclayton@mpccministry.com.

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The Social of Greenwood

Rock Steady Boxing at the Social

Location: Greenwood, IN 46143- Meeting in-person

For more information contact, Andrea Sutherland-317 882-4810,

greenwood@rsbaffiliate.com.

INDIANAPOLIS

Morningside of College Park

Chair Exercise class

Location: Indianapolis, IN 46268

For more information contact, 317.961.7256

Westminster Village North

Physical Therapy Class

Location: Indianapolis, IN 46236

For more information contact, Dave Bird, 317.823.6841,

jbrewer@westminstervillage.com.

Rock Steady Boxing Gym & Parkinson's Center

Rock Steady Boxing Headquarters

Location: Indianapolis, IN 46250

For more information contact, 317-205-9198, hqgym@rocksteadyboxing.org.

Jewish Community Center

Rock Steady Boxing

Location: Indianapolis, IN 46260

For more information contact, 317-261-3378

Indianapolis at The Body Zone at Community Hospital

Tai Chi for Everyday

Location: Indianapolis, IN 46250

For more information contact, Micah Willhite, 317-621-1635,

mwillhite@ecommunity.com.

Westside Garden Plaza

PD Support Group

Location: Indianapolis, IN 46234

For more information contact, Terri Click at 317-209-2321 or trclick@centuryipa.com.

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LEBANON

Witham Wellness Center

Care Partners Support Group

Location: Lebanon, Indiana 46052

For more information contact, 765-485-8126.

MUNSTER

Community Hospital – Physical Therapy Department

Care Partners Support Group

Location: Munster, IN 46321

For more information contact, Priscilla Mulesa at 219-836-3477

NEW ALBANY

Southern Indiana Rehabilitation Hospital *(updated July 2023)*

An acute physical rehabilitation hospital with both inpatient and outpatient PT, OT and Speech. They are CARF certified in Brain Injury, Stroke and Complex Medical rehab.

Location: New Albany, IN 47150 – Meeting in-person

Fee: No

For more information contact Kelly Brewer at (812) 941-6281 or

<https://vrhsouthernindiana.com>.

NOBLESVILLE

Noblesville Climb

The Climb North

Location: Noblesville, IN 46060

For more information contact, Jada at 317-550-5648, jada@indianaparkinson.org.

Indiana Parkinson Foundation

Location: Noblesville, IN

For more information, Contact: Addie Cunningham at addie@indianaparkinson.org.

Link to website [here](#).



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VINCENNES

Power Through Parkinson's

LSVT BIG, PWR Moves

Location: Vincennes, IN – 47591 – *Meeting in-person.*

Fee: No

For more information contact, Joy S Uy at 812-830-0668 or joypt_aa@yahoo.com

ZIONSVILLE

Yoga-Zionsville Peace Through Yoga

Care Partners Support Group

Location: Zionsville, IN, 46077

For more information contact, 317-679-1168