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## Mid-Atlantic Wellness Programs

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*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](#).*

[Delaware](#)

[Maryland](#)

[Virginia](#)

[Washington DC](#)

[West Virginia](#)

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing [midatlantic@parkinson.org](mailto:midatlantic@parkinson.org).

December 2023



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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.

### DELAWARE

#### **Art Program, Parkinson's Education and Support Group of Sussex Count**

**Location:** Lewes, DE 19958

**Fee:** No

For more information, contact Patricia Slygh at [pcslygh@comcast.net](mailto:pcslygh@comcast.net).

Link to Website [here](#).

#### **RISE Fitness + Adventure**

*Host daily Parkinsons' Wellness classes at facility, in partnership with the Parkinson's Education and Support Group of Sussex County. Also have trainers who specialize in Parkinson's and movement disorder on staff.*

**Location:** Rehoboth Beach, DE 19971

For more information, contact Amanda Peters at 410-322-3000 or [team@trainatrise.com](mailto:team@trainatrise.com).

Link to website [here](#).

#### **Rock Steady Boxing of Delmarva**

*Rock Steady Boxing (RSB) classes are a non-contact fitness regimen geared specifically for individuals with any level of Parkinson's disease. RSB is a proven method that lessens the symptoms of PD. Participants lead a healthier & happier life.*

**Location:** Dover, DE 19901

**Fee:** Yes

For more information, contact Nancy Hawkins at 302 698-5201 or [foreverfitfoundation@gmail.com](mailto:foreverfitfoundation@gmail.com)

Link to website [here](#).

### MARYLAND

#### ANNAPOLIS

#### **EMF PFGGrant2022, Empower Motivation Fitness LLC**

**Location:** Annapolis, MD

For more information, contact David Fletcher at [empowermotivationfitness@gmail.com](mailto:empowermotivationfitness@gmail.com).

#### ANNE ARUNDEL

#### **NeuroSing**

*Therapeutic choir for adults with neurological disorders*

**Location:** Severna Park, MD 21146

**Fee:** Yes

For more information, contact 410-697-1812.

Link to Website [here](#).

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

December 2023



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### BALTIMORE

#### **ParkinSonic Community Chorus**

**Location:** Baltimore, MD 21212

**Fee:** Yes

For more information, contact 443-470-0279 or [info@marylandparkinsonsupport.org](mailto:info@marylandparkinsonsupport.org)

#### **Pounding for Parkinson's - a unique program combining Pounding and PWR!**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact [charmcity@rsbaffiliate.com](mailto:charmcity@rsbaffiliate.com).

#### **Rock Steady Boxing**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact 443-963-1451 or [Nicole@myerberg.org](mailto:Nicole@myerberg.org).

Link to Website [here](#).

#### **Rock Steady Boxing MAPS Charm City** *(updated October 2023)*

*Rock Steady Boxing MAPS @ Charm City offers two levels of boxing fitness classes to people living with PD. We incorporate PWR!Moves in all of our classes. Run by a physical therapist and supported by MAPS this program is free to all of our participants.*

**Location:** Baltimore, MD 21209 – Meeting in-person

**Fee:** No

For more information, contact Patty Wessels at (443) 873-0040 or [charmcity@rsbaffiliate.com](mailto:charmcity@rsbaffiliate.com).

#### **Rock Steady Boxing at the Y, YMCA of Central Maryland Inc.**

**Location:** Baltimore, MD

For more information, contact Dana Hotra at [danahotra@ymaryland.org](mailto:danahotra@ymaryland.org).

Link to website [here](#).

#### **Parkinson's Exercise Class**

**Location:** Baltimore, MD 21042

**Fee:** No

For more information, contact Myerberg Center at 410-358-6856.

#### **Parkinson's Continuum of Care Program - Good Samaritan Hospital Foundation**

**Location:** Baltimore, MD 21239

**Fee:** No

For more information, contact Linda Frisch at [linda.m.frisch@medstar.net](mailto:linda.m.frisch@medstar.net).

Link to Website [here](#).

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December 2023



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#### **Yoga for Parkinson's**

**Location:** Lutherville-Timonium, MD 21093

**Fee:** Yes

For more information, contact 443-465-5448 or [yoga4pwp@gmail.com](mailto:yoga4pwp@gmail.com).

#### **Parkinson's Exercise Program (PEP)**

**Location:** Lutherville Timonium, MD 21093

For more information, contact 443-470-0279 or [info@marylandparkinsonsupport.org](mailto:info@marylandparkinsonsupport.org).

#### **Dance for Parkinson's**

**Location:** Towson, MD 21204

For more information, contact 410-419-2956 or [ellentalles@comcast.net](mailto:ellentalles@comcast.net).

#### **Rock Steady Boxing**

*Rock Steady Boxing is a rigorous, non-contact exercise program that uses boxing drills to improve motor functions and help relieve many Parkinson's symptoms.*

**Location:** Towson, MD 21204- Meeting in-person

**Fee:** Free for Y members, fee for non-members

For more information, contact Donnell Glover at 410-823-8870 or

[donnellglover@ymaryland.org](mailto:donnellglover@ymaryland.org).

Link to website [here](#).

#### **Weill Cornell Medicine, Division of Neurodegenerative Diseases' /MDEE Virtual Education and Exercise Program, Movement Disorder Education & Exercise, Inc.,**

**Location:** Baltimore, MD – Meeting online

For more information, contact Larry Zarzecki at [larryzarzecki@yahoo.com](mailto:larryzarzecki@yahoo.com)

Link to website [here](#).

### **BROOKLANDVILLE**

#### **Aquatics for Parkinson's, Maryland Association for Parkinson Support, Inc.**

**Location:** Brooklandville, MD

For more information, contact Judy Friedman at [Tuscanybound@comcast.net](mailto:Tuscanybound@comcast.net).

Link to Website [here](#).

#### **Sustaining and Extending PD Programs to the Underserved Rural Population of the Eastern Shore of Maryland, Maryland Association for Parkinson Support, Inc.**

**Location:** Brooklandville, MD 21022

**Fee:** No

For more information, contact John R. Harrald at [jrharrald@gmail.com](mailto:jrharrald@gmail.com).

Link to Website [here](#).



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#### CLARKSVILLE

##### **Yoga For People with Parkinson's (Y4PWP), Retreat Center of Maryland**

**Location:** Clarksville, MD

For more information, contact Jennifer Mayotte at [jen@retreatcenterofmaryland.org](mailto:jen@retreatcenterofmaryland.org).

Link to Website [here](#).

#### COLUMBIA

##### **Retreat Center of Maryland's Yoga for People With Parkinson's, Retreat Center of Maryland,**

**Location:** Columbia, MD

For more information, contact Kelly Fisher at [kelly@wildfloweryoga.com](mailto:kelly@wildfloweryoga.com)

Link to website [here](#).

#### EASTERN SHORE

##### **Rock Steady Boxing** *(updated December 2023)*

**Location:** Easton, MD 21601

**Fee:** No

For more information, contact Amy Schiefer at (410) 822-0566 or

[eschiefer@ymcachesapeake.org](mailto:eschiefer@ymcachesapeake.org)

##### **Rock Steady Boxing**

**Location:** Grasonville, MD 21638

**Fee:** No

For more information, contact Lynn Sutton at 410-827-5527.

#### HOWARD

##### **Pedaling for Parkinson's**

**Location:** Ellicott City, MD 21043

**Fee:** No

For more information, contact John Derwent at 410-465-4334, ext. 228

or [johnderwent@maryland.org](mailto:johnderwent@maryland.org).

##### **Rock Steady Boxing/Support Group/Parkinson's Exercise Class** *(updated October 2023)*

**Location:** Ellicott City, MD 21042

**Fee:** No

For more information, contact Sasha Gant at 410-461-7070 or [Sgant@lorienhealth.com](mailto:Sgant@lorienhealth.com)

Link to Website [here](#).



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### FREDERICK

#### **\*LSVT BIG for Life Program, Homecare Rehab and Nursing LLC** (updated August 2023)

The LSVT BIG for Life program is a wellness-based exercise class for people with Parkinson's Disease who have previously completed the individual LSVT BIG treatment program. The BIG for Life Program includes the 7 Maximal Daily Exercises, practice of functional activities, and gait and balance activities in order to maintain the improvements accomplished from LSVT BIG training. The group atmosphere fosters socialization and comradery amongst individuals living with Parkinson's Disease and their care partners.

**Location:** Frederick, MD

**Fee:** \$20 per class, Community Grant covers cost

For more information, contact Brandon Baker at [brandon.baker@bakerrehabgroup.com](mailto:brandon.baker@bakerrehabgroup.com).  
Link to Website [here](#).

#### **Pedaling for Parkinson's**

We offer Pedaling for Parkinson's and Rock Steady Boxing

**Location:** Frederick, MD 21701

**Fee:** Yes

For more information contact Jaime Fisher at 301-663-5131 x 1244  
or [jfisher@frederickymca.org](mailto:jfisher@frederickymca.org).

#### **YMCA of Frederick County** (updated October 2023)

Provides programs for those with Parkinson's. Provides both Rock Steady Boxing and Pedaling for Parkinson's.

**Location:** Frederick, MD 21701- Meeting in-person

**Fee:** Fee for some

For more information contact Jamie Fisher at 301-418-6563 or  
[jfisher@frederickymca.org](mailto:jfisher@frederickymca.org).

Link to website [here](#).

### MONTGOMERY

#### **LSVT LOUD for LIFE** (updated October 2023)

Come join us virtually as we continue on the journey of remaining LOUD for life!

**Location:** Rockville, MD 20850 — Meeting online

**Fee:** Yes

For more information, contact Rosalie Bikoti at 240-864-6149 or  
[rbikoti@adventisthealthcare.com](mailto:rbikoti@adventisthealthcare.com)



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#### **Parkinson's Wellness Initiative**

**Location:** Rockville, MD 20852 – *Meeting online*

**Fee:** Yes

For more information, contact 301-348-3710.

Link to Website [here](#).

#### **Rock Steady Boxing**

**Location:** Forest Hill, MD 21050

**Fee:** No

For more information, contact 410-893-4153 or

[Forrethillhealthfitness2217@gmail.com](mailto:Forrethillhealthfitness2217@gmail.com).

Link to Website [here](#).

### **PIKESVILLE**

#### **Rock Steady Boxing and Yoga, Movement Disorder Education & Exercise**

**Location:** Pikesville, MD 21157

**Fee:** No

For more information, contact Larry L. Zarzecki II at [larryzarzecki@yahoo.com](mailto:larryzarzecki@yahoo.com).

Link to Website [here](#).

### **STREET**

#### **\*Parkinson's Fitness Program, Rally Against Parkinson's-Harford, Inc.** *(updated August 2023)*

*Rally Against Parkinson's was formed to ensure the continued funding of FREE Rock Steady Boxing classes for individuals with Parkinson's Disease (PD). Rock Steady Boxing is an Internationally recognized program that specifically designs rigorous exercises that combat both the physical and cognitive effects of PD resulting in improvement of the quality of life of those suffering with PD as well as their caregivers, family and friends. The Rock Steady Boxing Program at Forest Hill Health and Fitness was the first facility in the State of Maryland to attain the Internationally recognized Rock Steady Boxing program affiliation. Classes are also offered virtually and at the YMCA in Abingdon.*

**Location:** Street, MD – Meeting in-person and online

**Fee:** None

For more information, contact James Hampshire at [Jim@rallyagainstparkinsons.org](mailto:Jim@rallyagainstparkinsons.org).

Link to Website [here](#).



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### VIRGINIA

#### **Como reducir el hueco entre servicios y familias con Parkinson's (How to reduce the Gap between services and families with Parkinson's), Medical College of Virginia Foundation** (updated August 2023)

**Location:** Richmond, VA – Meeting in-person and online

**Fee:** None

For more information, contact Leslie Cloud, [leslie.cloud@vcuhealth.org](mailto:leslie.cloud@vcuhealth.org).

Link to Website [here](#).

#### **Dance for PD** (updated October 2023)

*Dance for PD is a movement-based class that begins slowly with warm-up movements and progresses to combinations of movements to a variety of uplifting music. The class offers not only physical benefits, but also reduces the dancers' social isolation which is commonly associated with this neurological disease.*

**Location:** Fairfax, VA 22030 – Meeting in-person

**Fee:** No

For more information, contact Shaun B. D'Arcy or Elizabeth Spatz at

[sboyleda@gmu.edu](mailto:sboyleda@gmu.edu) or [espatz@gmu.edu](mailto:espatz@gmu.edu)

Link to website [here](#).

#### **Empowerment! Wellness**

*Our program consists of a variety of classes throughout the week. We offer Rock Steady Boxing, PWR!, cardio, tai-chi, circuit and strength classes.*

**Location:** Virginia Beach, VA 23462 – Meeting in-person

For more information contact Wendy Wilkerson at 757-474-6300 or

[wendy.wilkerson@empowerment](mailto:wendy.wilkerson@empowerment).

#### **Fun Fridays with Friends!** (updated 3.29.24)

*Join us every Friday for a variety class led by our fantastic exercise instructors Diane and Jackie! As we close out the week, we'll combine all of our modalities, specifically targeting yoga-like stretching, to make this final class of the week a fun and engaging experience! Most importantly, we'll be moving and spending time socializing so it's sure to be an absolute WIN!*

**When:** Fridays at 11:45am

**Location:** Gold's Gym, 8904 W. Broad Street, Richmond, VA 23294

Link to website and register [here](#).

#### **HEAT** (updated 3.29.24)

*Through evidence-based research, we have created the HEAT exercise program that include high intensity modalities to get participants' heart rate up. Through emerging*





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*research, it has been found that HIIT stimulates the growth and function of nerves, helping people better manage the symptoms of PD.*

**Dates:** Mondays at 12pm, Wednesdays/Fridays at 10:30am

**Location:** Gold's Gym, 8904 W. Broad Street, Richmond, VA 23294

Link to website and register [here](#).

### **LiftPD: Community-Based Exercise Classes for Parkinson's Disease** (updated October 2023)

*Free small-group exercise classes for all levels in the Parkinson's disease community.*

**Location:** Richmond, VA 23220 – Meeting In-Person

**Fee:** No

For more information, contact Lauran Martyn at [lauran@liftpd.com](mailto:lauran@liftpd.com).

Link to website [here](#).

### **Movement for Parkinson's** (updated October 2023)

*Movement For Parkinson's is a FREE weekly dance class for people with a diagnosis of Parkinson's Disease (PD) and their significant others.*

**Location:** Charlottesville, VA 22901- Meeting in-person and online (if requested)

**Fee:** Free

For more information contact Kathryn Tokar at 434-973-2555 or

[ktokar@charlottesvilleballet.org](mailto:ktokar@charlottesvilleballet.org).

Link to website [here](#).

### **Parkinson's Dance Therapy** (updated 3.29.24)

*Our classes integrate movement from different styles of dance: modern, theater, ballet, folk, tap, improv, and ballroom to address PD-specific motor concerns like balance, flexibility, and coordination, while also providing a social environment to ease feelings of isolation and depression.*

**When:** Wednesday's at 11:30am

**Location:** Simply Ballroom, 3549 Courthouse Rd, Richmond, VA 23236

Link to website [here](#).

### **Power Over Parkinson's: SERVING THOSE WITH PARKINSON'S DISEASE IN CENTRAL VIRGINIA AND BEYOND!** (updated 3.29.24)

*In Person Events: We are pleased to offer periodic in-person educational events. Please visit our events page on our website [here](#) to stay abreast of our in-person educational events.*

**Location:** 7201 Glen Forest Drive, Suite 205, Richmond, VA 23226

For more information contact 804-708-2246 or [contact@poweroverpd.org](mailto:contact@poweroverpd.org)

Link to website [here](#).



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#### **PWR!Moves** (updated 3.29.24)

*This Parkinson-specific exercise class will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills, you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment!*

**When:** Mondays, Tuesdays, and Thursdays at 10:30am

**Location:** Mondays & Tuesdays: Gold's Gym, 8904 W. Broad Street, Richmond, VA 23294. Thursdays: Gold's Gym, 9782 Gayton Rd, Henrico, VA 23238

Link to website and register [here](#).

#### **Rock Steady Boxing APEX PT**

*In our gym, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength to defend against and overcome opponents.*

**Location:** Williamsburg, VA 23188- Meeting in-person

**Fee:** Yes

For more information contact Scott Brubaker Jr. at 757-969-5200 or [scott@apexptva.com](mailto:scott@apexptva.com).

Link to website [here](#).

#### **Shaken not Stirred Parkinson's Choir**

**Location:** Winchester, VA 22603

**Fee:** No

For more information, contact Cheryl Reames 540-662-4632 or [winchesterparkinsons@gmail.com](mailto:winchesterparkinsons@gmail.com).

#### **\*Thriving While Caring Starts Here, Young Onset Parkinson's Network** (updated August 2023)

*Young Onset Parkinson's Network (YOPN) is a nonprofit, 501(c)(3) educational and charitable member organization dedicated to helping those diagnosed with Young Onset Parkinson's Disease (YOPD), the fastest growing segment of Parkinson's Disease, and their loved ones live their best lives. YOPN is excited to announce the launch of its Young Onset Care Partner (YOPC) program, Thriving and Caring Start Here. The program is designed to empower the Young Onset Care Partner by easing their worry and fear through community and education. An annual YOPN Capstone Event will take place for all YOPN members (both those with the disease and the care partners) that will offer both individual group sessions and whole group workshops.*

**Location:** Vienna, VA – Meeting in-person

**Fee:** None

For more information, contact Anna Grill at [anna@yopnetwork.org](mailto:anna@yopnetwork.org).

Link to Website [here](#).



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#### **Young Onset Parkinson's Network-Living Well Starts Here Program, Young Onset Parkinson's Network**

*The organization seeks to increase awareness of YOPD by providing information, resources, and services to help members strengthen their mind and body within a positive, supportive community. Through its network, YOPN members have the holistic support needed not only to manage, but to thrive with this unexpected, early diagnosis.*

**Location:** Vienna, VA

For more information, contact Anna Grill at [anna@yopnetwork.org](mailto:anna@yopnetwork.org).

Link to Website [here](#).

## WASHINGTON DC

### **Iona Senior Services**

**Location:** Washington, DC 20016

For more information, contact [excercise.is.medicine.dc@gmail.com](mailto:excercise.is.medicine.dc@gmail.com).

Link to Website [here](#).

## WEST VIRGINIA

### **Parkinson Disease and speech disorders, West Virginia University** (updated August 2023)

*The Rockefeller Neuroscience Institute affiliated with West Virginia University initiated an interdisciplinary team approach for Parkinson's Disease (PD) patients with specific needs for speech and swallow therapy. Difficulties with speech and swallowing may affect the quality of life of a PD patient severely. With provision of speech and swallow therapy services such issues will be addressed whenever a patient visits their providers at an interdisciplinary clinic visit. An interdisciplinary clinic approach enables discussion between therapist and neurologist, which can tremendously help with treatment planning. This aims to improve the overall wellbeing of patients with PD.*

**Location:** Morgantown, WV – Meeting in-person

**Fee:** None

For more information, contact Adeel Ali Memon at [adeel.memon@hsc.wvu.edu](mailto:adeel.memon@hsc.wvu.edu).

Link to Website [here](#).