



New England 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](#).*

[Connecticut](#)

[New Hampshire](#)

[Maine](#)

[Massachusetts](#)

[Rhode Island](#)

[Vermont](#)



New England Wellness Programs

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CONNECTICUT

Community Caregiver Education, Jewish Home for the Elderly of Fairfield County, Inc.

Location: Bridgeport, CT

For more information, contact Elizabeth Zicari at sclark@jseniors.org.

Link to website [here](#).

***Parkinson's Body and Mind Exercise and Wellness Program, Parkinson's Body and Mind** (updated August 2023)

Parkinson's Body and Mind (PBM) is working to fill an unmet need through its grassroots, peer-led, community based exercise and wellness program. What started in Greenwich, CT and grew to Westport and Fairfield is now expanding to Bridgeport, New Haven and Harlem. Parkinson's Body and Mind provides all of its programs and services free of charge to ensure that no person with PD is denied access due to inability to pay. PBM is where the power of exercise meets a positive state of mind. It is our mission to improve the lives of people with PD and their care partners and empower them to live their best life with PD.

Location: Bridgeport, CT – Meeting in-person

Fee: None

For more information, contact Elaine Grant at elainegrant@parkinsonsbodyandmind.org.

Link to Website [here](#).

Parkinson's Support Group & Fitness Classes

As a part of The Watermark's mission to increase the health of both the mind and body of seniors, we host a monthly Parkinson's Support Group and a bi-weekly Parkinson's Fitness Class on balance and strength exercises with a focus on the specific needs of those living with Parkinson's.

Location: The Watermark – Bridgeport, CT 06604

For more information, contact The Watermark at 203.502.7593.

Beat Parkinson's Today, Inc

To provide people who have been diagnosed with Parkinson's Disease hope and the opportunity to live their lives with confidence and strength. Our classes encourage intense exercise through Boxing & Functional Interval Training.

Location: East Hartford, CT 06018 - Meeting in person

For more information, contact Michelle Hespeler at 8609189594 or

administrator@beatpdtoday.com

Link to website [here](#).



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Parkinson's Body & Mind Program - Fairfield YMCA

Parkinson's Body and Mind has developed a robust exercise and wellness program based in local YMCAs. These programs are run by instructors who have specific training in working with people with PD as well as training in their areas of expertise. Classes are open to all people with PD regardless of mobility level.

Location: Fairfield, CT 06824- Meeting in-person and online

For more information contact 203-255-2834 or dliptak@cccymca.org.

Link to Website [here](#).

Parkinson's Body & Mind Program - YMCA of Greenwich

The Parkinson's Body & Mind program at YMCA of Greenwich offers group wellness classes as well as monthly support groups for this rapidly growing community.

Location: Greenwich, CT 06830- Meeting in-person and online

For more information contact 203-869-1630.

Link to Website [here](#).

Beat Parkinson's New Haven *(updated October 2023)*

We are a full-service fitness and boxing academy. We offer classes for PD that includes cardio, balance, levels of intensity, boxing, lunges, squats, etc.

Location: New Haven, CT 06519- Meeting in-person and online

Fee: Yes

For more information contact Devonne Canady at (203) 675-2837 or

urbanyouthboxing@yahoo.com.

Link to website [here](#).

Dance for PD®

Dance for PD® is an aesthetic experience that focuses on developing artistry and grace while addressing such Parkinson's-specific concerns as balance, flexibility, coordination, gait, social isolation, and depression.

Location: Connecticut College – New London, CT 06320

Fee: Yes, donation.

For more information, contact Rachel Balaban at balaban.rachel@gmail.com or

401.261.7062.



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Dance for PD-Neighborhood Music School (updated October 2023)

In Dance for PD® classes, people are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. Dance for PD® is an aesthetic experience that focuses on developing artistry and grace while addressing such Parkinson's-specific concerns as balance, flexibility, coordination, gait, social isolation, and depression.

Locations: Meeting In-Person and Online

- Middletown Senior Center – Middletown, CT
- Trinity Episcopal Church Parish Hall – Branford, CT
- Atwater Senior Center

Fee: No

For more information, contact Tracey Albert at 203-624-5189 or talbert@nmsnewhaven.org.
Link to Website [here](#).

Parkinson's Fitness Classes at Westport Senior Center

Various fitness classes - including from Parkinson's Fitness, Rock Steady Boxing, Tai Chi, and chair yoga - available. Exercise is focused on conditioning and improving the physical health, daily functioning, and quality of life of people with Parkinson's disease by potentially reducing, delaying, and even reversing some of the symptoms of Parkinson's disease.

Location: Westport Senior Center – Westport, CT 06880

For more information, contact 203.341.5099 or seniorcenter@westportct.gov.
Link to Website [here](#).

Westport/Weston YMCA

The Westport Weston Family YMCA is proud to announce we have teamed up with Shakers Anonymous and Rock Steady Boxing to offer an extensive program to support those in our community living with Parkinson's Disease (PD). The Parkinson's Body and Mind Program will provide a comprehensive exercise and wellness program in addition to support groups for people with Parkinson's Disease and their care partners.

Location: Westport, CT 06880- Meeting in-person

Fee: Yes

For more information contact Judy L. Klein, MS at (203) 571-6035 or jklein@westportymca.org.
Link to website [here](#).

Delay the Disease (updated December 2023)

Location: Riverbrook Regional YMCA – Wilton, CT 06897

For more information, contact Rhoda Kasparek at 203-762-8384 ext. 282 or rkasparek@riverbrookymca.org
Link to Website [here](#).



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NEW HAMPSHIRE

Rock Steady Boxing Boston

Rock Steady Boxing gives people with Parkinson's Disease a way to fight back. The mission is to maximize the mental, emotional, and physical potential of people with Parkinson's Disease throughout their lives, through an intensive and rigorous regimen and plan of exercise delivered in the context of a non-contact boxing fighter training.

Location: Bodyworks Martial Arts – Concord, NH 03301

Fee: No

For more information, contact Al Latulippe at 978.289.0799 or

rocksteadyboxingma@yahoo.com

Link to Website [here](#).

Movement and Song for Parkinson's

This class is designed to help with balance, flexibility, regulation of gate, and increased motor movements all while having fun using movement, laughter and song. This class is for adults with movement disorders of various abilities and their caregivers.

Location: Concord, NH 03301

Fee: Yes

For more information, contact Concord Community Music School at (603) 228-1196.

Link to Website [here](#).

Rock Steady Boxing Lakes Region

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. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form, and are set to each fighter's abilities. You have to see it to believe it!

Location: Laconia, NH 03246

Fee: Yes

For more information, contact Janine Page at 603.581.9392.



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***Upper Valley Programs for Parkinson's, Upper Valley Programs for Parkinson's**

(updated August 2023)

The Upper Valley Programs for Parkinson's organization exists to create, support, produce and promote physical and social activities intended to benefit the Parkinson's community. We work with patients, caregivers, support groups and community partners to provide effective, evidence-based programming that is accessible, beneficial, and affordable. UVPP currently conducts two weekly Rock Steady Boxing classes at the CCBA in Lebanon, New Hampshire. This Parkinson's-specific program combines non-contact boxing drills, cardio, agility, balance and endurance in a communal and cooperative setting, under the supervision of an experienced physical therapist and certified Rock Steady instructor. Beginning in spring of 2023, the neurology department at Dartmouth Health will be offering a department-created dance class at its facility in Lebanon. This course is modeled on the "Dance for PD" program, and emphasizes balance, agility, spatial awareness and upper/lower body coordination. This program will also provide meaningful information and insight into the possible benefits and means by which the program may be improved.

Location: Lebanon, NH

Fee: \$10 per class, scholarships available

For more information, contact Rick Dickson at rick.dickson@joinccbba.org.

Link to Website [here](#).

Dance Class, Dartmouth Health Medical Center *(updated November 2023)*

Fun mobility class for people with Parkinson's and their support partners/families. We focus on movement with a variety of dance genres. No experience necessary, class is free.

Location: Lebanon, NH 03766 – Meeting in-person

Fee: No

For more information, contact Melanie Del Frari at (603) 650-5104 or

movement@hitchcock.org.

Link to Website [here](#).

Parkinson's Dance Class *(updated October 2023)*

Weekly dance class specifically for people with Parkinson's Disease.

Location: Manchester, NH 03102- Meeting in-person

Fee: Free

For more information contact Kendra Viviers at 603-641-6700 or kendra.viviers@CMC-nh.org.

YMCA of Greater Nashua Parkinson's Disease Programming *(updated October 2023)*

We run Pedaling for Parkinson's year-round at the Merrimack Y as well as a monthly PD support group at the Nashua Y. We also have several evidence-based programs related to balance and fall prevention that are popular with Y participants with PD.

Location: Merrimack, NH 03054 — Meeting In-Person

For more information contact at Liz Kaas at 603-881-7779 or ekaas@nmymca.org.

Link to website [here](#).



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Dartmouth-Hitchcock Vocal Workshop

A 5-week online interactive singing workshop series to strengthen & maintain the speaking voice. Designed for adults with Parkinson's, COPD, or those managing respiratory/vocal issues.

Location: Meeting Online

Fee: No

For more information, contact Lori Fortini, Aging Resource Center, at (603) 653-3460 or lori.a.fortini@hitchcock.org.

Link to website [here](#).

MAINE

***Neuro Health Program for Parkinson's Participants and Their Care Partner, Bangor Young Men's Christian Association** *(updated August 2023)*

The Bangor Region YMCA's Neuro Health Program for Parkinson's Participants and Their Care Partners is a program designed to improve overall quality of life for patients living with Parkinson's and their caregivers. Through our partnership with the Fighting Eagles Boxing Club as well as our Neuro Health program at the YMCA, Parkinson's patients will have an opportunity to exercise several times a week. These exercise programs are designed to improve balance, strength and mobility. The social component and support from these programs will increase the overall quality of life for Parkinson's participants.

Location: Bangor, ME

Fee: None

For more information, contact Lesley Lichko at llichko@bangory.org.

Link to Website [here](#).

Evidence Based Holistic Wellness Program for Parkinson's Patients and their Caregivers, Bangor Young Mens Christian Association

Location: Bangor, ME

For more information, contact Ben Filippo at bfilippo@bangory.org

Link to Website [here](#).



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Pedaling for Parkinson's

Fast pedaling is not a cure for Parkinson's disease and should not be described as such, but there is compelling evidence that it can make a real difference for many who try it. We do know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.

Locations:

- Penobscot Bay YMCA – Rockport, ME 04856
- Rockland Harbor YMCA – Rockland, ME 04841

For more information, contact Melissa Bellew at mbellew@penbayymca.org or 207-236-3375. Link to Website [here](#).

Mid Coast- Parkview Health and Wellness Medical Gym Program

Come exercise in a gym supervised by Medical Professionals. Great way to initiate exercise into your life when you feel unsafe or unable to exercise alone without supervision. By appointment only. Requires Physician Clearance.

Location: Mid Coast Parkview Wellness Center – Brunswick, ME 04011

For more information, contact 207-373-6360.

Mid Coast Rock Steady Boxing

An exercise program dedicated to using boxing techniques and training methods to fight back against Parkinson's Disease. Requires Physician clearance.

Location: Brunswick Landing YMCA – Brunswick, ME 04011

For more information, contact Zachary Hartman at 207-373-6363, zhartman@midcoasthealth.com or midcoast@rsbaffiliate.com.

Mid Coast Running Start Swim and Water Aerobics

Open for lap swim or participate in a shallow water aerobics program. Requires Physician Clearance.

Location: Bowdoin Pool – Brunswick, ME 04011 – Meeting in-person

For more information, contact 207-373-6360.

Brunswick Landing YMCA Parkinson's Exercise Program

YMCA offers a variety of exercise classes, such as Chair Yoga, Silver Strong, and Tai Chi, that could be beneficial for individuals with PD. A group exercise program dedicated to providing a safe place for individuals with PD to exercise together.

- Parkinson's Exercise Program
- Group Exercise Classes

Location: Brunswick Landing YMCA – Brunswick ME, 04011

For more information, contact 207-844-2801.



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MASSACHUSETTS

***Introduction to Pole Walking for People with Parkinson's and Care Partners, Emerson Hospital** (updated August 2023)

Join us for "Introduction to Pole Walking for People with Parkinson's Disease (PD) and Care Partners". Pole walking is a style of walking using poles (similar to ski poles) in each hand to enhance aerobic exercise. Pole walking increases stability, improves upright posture, and helps with coordination of arms and legs. This 3 part series is welcome to individuals with PD and a partner. Classes will teach you how to safely incorporate pole walking into your exercise routine. The instructors will work with the group to ensure proper fit of the poles, lead warm up activities, and teach you walking techniques for flat and varying surfaces and managing obstacles. In this group setting, you will have the opportunity to socialize and connect with others. Details: Participants can enroll as individuals or with a partner.

Fee: None

For more information, contact Jessica Gravel at jgravel@emersonhosp.org.

Link to Website [here](#).

***PD University: An Interactive Lecture Series on Health, Arts and Science, Beth Israel Deaconess Medical Center** (updated August 2023)

The title, "PD University: An Interactive Lecture Series on Health, Arts and Science" reflects key components of the program that we will highlight in flyers and other promotional activities. The other key aspect of the title "An Interactive Lecture Series" highlights the goal of active (versus passive) learning. Active learning at PD University embraces the philosophy of Benjamin Franklin, "Tell me and I forget, teach me and I may remember, involve me and I learn." We will inform potential participants about the topics of the lectures which span important topics in health, the arts and science. We understand the importance of cognitive engagement for people with PD.

Location: Boston, MA – Meeting in-person

Fee: None

For more information, contact David Simon at dsimon1@bidmc.harvard.edu.

Link to Website [here](#).



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***Expansion of Parkinson's Program to Support Individuals, Families and Caregivers in the MetroWest Community, MetroWest Young Men's Christian Association, Inc.** *(updated August 2023)*

For the past decade, the MetroWest YMCA has worked with individuals with Parkinson's disease through our Parkinson's Wellness program. This program provides physical activity components as well as building social connections and support for individuals and their families. In addition, we will also engage underserved communities throughout the region. Over the past two years, the pandemic has magnified the health disparities and social inequities of underserved communities. Together, we will engage communities of color and socio-economically challenged neighborhoods. We have an opportunity through these relationships we have built, to bring an expanded and enhanced Parkinson's Wellness program to populations we have not served previously in the program.

Location: Framingham, MA – Meeting in-person

Fee: None

For more information, contact Amy Miller at amiller@metrowestymca.org.

Link to Website [here](#).

Goddard House Parkinson's in Motion, Goddard House Assisted Living

Location: Brookline, MA

For more information contact at Christine Nagle cnagle@goddardhouse.org

Link to website [here](#).

Move Forward, Hockomock Area YMCA *(updated November 2023)*

30-minute class for individuals with Parkinson's combining strength training, balance and stretching for. Each weekly class will include various exercises to help improve balance, mobility, strength, endurance, cognition, and flexibility.

Location: North Attleboro, Franklin, Foxboro, MA – Meeting in-person

Fee: No

For more information contact at Donna Higgins at (508) 643-5271 or Donnah@hockymca.org.

Link to website [here](#).



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Rock Steady Boxing Boston

Rock Steady Boxing gives people with Parkinson's Disease a way to fight back. The mission is to maximize the mental, emotional, and physical potential of people with Parkinson's Disease throughout their lives, through an intensive and rigorous regimen and plan of exercise delivered in the context of a non-contact boxing fighter training.

Locations:

- Lawtown Boxing Gym – Lawrence, MA 01843
- Nonantum Boxing Club – Newton, MA 02458
- Corebox Training Center – Randolph, MA 02368
- Cambridge YMCA – Cambridge, MA 02139
- Bodyworks Martial Arts – Concord, NH 03301

Fee: Yes

For more information, contact Al Latulippe at 978-289-0799 or

rocksteadyboxingma@yahoo.com.

Link to Website [here](#).

Barre, Balance, and Core, Bodyscapes Gym

Multiple classes available: Dynamic Yoga, Yoga with Chairs, Boot Camp and Balance. Visit the website for more information. Barre includes elements of pilates, ballet and functional training to enhance the mind-body connection. To participate in this class, you must be able to walk unassisted. Care partners are welcome.

Location:– Boston, MA 02115

Fee: Yes

For more information, contact Mallika Iyer at 617-667-5215 or miyer@bidmc.harvard.edu.

Tai Chi: Daytime and Evening Option

Our instructors teach many of the traditional gentle movements and mind-body exercises associated with Tai Chi while also utilizing specific movements focused on improving Parkinson's disease symptoms. These weekly classes are designed to meet the needs of individuals with Parkinson's disease who will be able to stand for the entire 60 minute class.

Locations:

- BIDMC East Campus – Boston, MA 02215. For more information, contact Mallika Iyer at 617-667-5215 or miyer@bidmc.harvard.edu.
- Osher Clinical Center for Integrative Medicine – Chestnut Hill, MA 02467. For more information, contact Osher Center at 617-732-9700, ext. 1.

Fee: Yes



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Wellness Classes, Beth Israel Deaconess Medical Center (updated October 2023)

See below for several classes.

For more information, contact Michelle Guo at (617) 667-5215 or mguo1@bidmc.harvard.edu.

Link to Website [here](#).

- **Wellness Works:** *Classes include Rock Steady Boxing, Moving Through PD (seated workout), Tai Chi, Yoga with Chairs, Boot Camp, Care Partners Community & Meditation, and Dynamic Yoga.*
 - **Location:** Meeting online
 - **Fee:** Yes, scholarships on request.
- **Calling All Artists:** *What sparks your artistic talent? How do you continue to express your creativity while managing PD? We invite artists of all kinds (painters, potters, musicians, photographers, etc.) to join us for discussion and networking. Find out about our new partnership with the Museum of Fine Arts, which includes a series of special guided museum tours, and our upcoming art workshops in collaboration with Mass College of Arts.*
 - **Location:** Meeting online
 - **Fee:** No
- **For and About Women:** *This bimonthly series for women living with PD features a speaker discussing and leading a demonstration in a certain aspect of wellness. The presentation is followed by time for open discussion facilitated by Lissa Kapust, LICSW, on how PD impacts women with respect to families, work, and women's health issues.*
 - **Fee:** No
- **Putting and Driving - PD Golf:** *Format will be small group instruction and playing time at the Leo J. Martin Memorial Golf Course. This four-session series of classes offers individualized attention for golfers with Parkinson's and an opportunity to improve basic golf strokes and get out on the course. Golf clubs can be loaned at no charge if you do not have your own. Care partners are also welcome!*
 - **Fee:** Yes
- **Rock On! Parkinson's Rock Climbing:** *New and experienced rock climbers with Parkinson's are supported in small group settings with experienced instructors in the program. Climbers meet once per week for two hours. Schedule is variable, please email for more details.*
 - **Location:** Watertown, MA – Meeting in-person
 - **Fee:** Yes



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Discussion Sessions, Beth Israel Deaconess Medical Center (updated October 2023)

See below for several classes.

Location: Meeting online

Fee: No

For more information, contact Michelle Guo at (617) 667-5215 or mguo1@bidmc.harvard.edu.
Link to Website [here](#).

- **Beyond the Initial Diagnosis – Managing the Middle Years:** Join a “drop in” discussion group that brings together people with Parkinson’s to consider the “mid years,” when medications are less effective and new symptoms necessitate lifestyle changes. Meeting schedule is variable, please email for more information.
- **Young People with PD:** Register for this drop-in discussion and networking session intended for young people with Parkinson’s! Discussion will be facilitated by Lissa Kapust, LICSW. Resources will be provided.
- **Adult Children, Parent with PD:** Meetings vary between q and a sessions with doctors, and networking and support discussions. The meetings are intended to answer questions and provide support that adult children need to address their set of stresses related to having a parent with PD.

Northeastern University Speak Out Loud (updated October 2023)

A clinically proven speech therapy approach developed by Parkinson Voice Project that combines education, individual speech therapy, and ongoing group sessions to help people with Parkinson's improve their speech and communication.

Location: Boston, MA 02115 — Meeting Online

Fee: No

For more information, contact Elizabeth Martin at 617-373-6891 or e.martin@northeastern.edu.

Rock Steady Boxing

Each class begins with stretching and a warm-up. Participants then move to calisthenics and strength-based exercises, many of which occur on a mat on the floor. Next, participants don their gloves and wraps and practice their boxing skills on designated punching bags. The program aims to improve overall strength and stability, in addition to offering a community for people with Parkinson's disease to connect with each other and to other resources.

Location: Nonantum Boxing Club – Newton MA 02458

Fee: Yes

For more information, contact Mallika Iyer at 617-667-5215 or miyer@bidmc.harvard.edu.



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110 Fitness – Urban Poling and BOXH2O *(updated October 2023)*

110 Fitness is an inclusive health and wellness facility for all people which houses the largest wellness center in the world for individuals with Parkinson's Disease. 110 Fitness offers Rock Steady Boxing South Shore, Pedaling for Parkinson's, Tai Chi, yoga, ballroom dancing, and BOXH2O (boxing in water!). We also offer a multitude of free programs, such as monthly bowling outings, drumming circles, caregiver support groups, a young onset support group, golf outings, a weekly guest speaker series, and art workshops.

Location: Rockland, MA 02370

Fee: Yes

For more information, contact Brett Miller at 781-616-3313 or bmiller@110fitness.org

Link to Website [here](#).

LIFT - Rock Steady Boxing

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. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

Location: Dover, MA 02030

Fee: Yes

For more information, contact:

- Cheryl Marconi at 508-395-8652
- Max Marcoux at Theonlygymindover@gmail.com or 617-447-5077

Rock Steady Boxing at Striking Beauties

Rock Steady Boxing is a first of its kind organization dedicated to improving the quality of life of people diagnosed with Parkinson's disease. Patients at all levels of symptom progression are seeing improved motor function as a result of intense non-contact, boxing style exercise. Currently offering classes in Taunton - please class for schedule.

Location: Taunton, MA 02780

Fee: Yes

For more information, contact Michael Quaglia at mquagliajr@comcast.net or 508-386-8194.

Pedaling for Parkinson's *(updated October 2023)*

Location: North Attleboro, Franklin & Foxboro, MA 02760 — *Meeting In-Person*

For more information, contact Donna Higgins at 508-643-5271 or Donnah@hockymca.org.

Link to website [here](#).



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***SCORE Power Training for Parkinson's Fitness, SCORE Power Training for Parkinson's Fitness** (updated August 2023)

Parkinson's Fitness is a unique, specialized and multi-faceted program for people with Parkinson's and their families/care partners. The program has offered a broad range of free specialized exercise classes and workshops, affording hundreds of individuals diagnosed with Parkinson's Disease the opportunity to participate multiple times per week in person, via Zoom and with recordings. Parkinson's Fitness is also offering a care partner Lunch and Conversation series and the Parkinson's Fitness newsletter, offered weekly, gives up to date information class opportunities, informational seminars and articles on nutrition, sleep, DBS etc. Our specialized instructors create a welcoming and supportive environment in person and via Zoom for people to come together, breathe, stretch, dance and socialize.

Location: Salem, MA – Meeting in-person and online

Fee: None

For more information, contact Linda Hall at parkinsonsfitness@gmail.com.

Link to Website [here](#).

Parkinson's Program Expansion, South Shore Young Men's Christian Association

Location: Norwell, MA 02061

For more information, contact John Galluzzo at jgalluzzo@ssymca.org.

Link to Website [here](#).

PWR! Moves+ At Home by Spaulding

The 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!

Location: Charlestown, MA 02129 – Meeting online

Fee: No

For more information, contact Kaitlyn Cashman at kcashman1@partners.org or 617-952-6535

Link to Website [here](#).

An innovative Tai Chi teaching methodology, "Tai Chi Paradigm", for Individuals with Parkinson's, Calvin Chin's Martial Arts Academy

The Tai Chi Paradigm for individuals with Parkinson's. This ongoing study is to show the benefits of this innovative approach to teaching Tai Chi to individuals with Parkinson's. Calvin Chin's Martial Arts Academy was the winner of a Community Grant from the Parkinson' Foundation. This 14-month study offers participants 3 classes a week onsite at the school in Newton as well as ongoing support with online streaming video subscription, all at no cost to you! Enrollment is ongoing and we cater to all physical abilities, in fact, all exercises can even be performed in a seated position if need be. Join us today and improve your quality of life!

Location: Calvin Chin's Martial Arts Academy – Newton Highlands, MA, 02461

Fee: No

For more information, contact Karen Weisinger at kweisinger2@gmail.com.

Link to Website [here](#).



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Parkinson's Dance Program at JFCS *(updated February 2024)*

Therapeutic Movement class for people living with Parkinson's Disease and their care partners. Parkinson's Dance is a Zoom class on Wednesdays from 10:30-12. A variety of music is used to address upper and lower body, coordination & stretches. All levels welcome.

Location: Waltham, MA 02451 – Meeting online

Fee: Yes. Financial assistance is available.

For more information, contact Anne Muskopf, OTR/L at 781-693-5069 or

amuskopf@jfcsboston.org.

Link to website [here](#).

Tremble Clefs Chorus with JFCS

Therapeutic singing group for people with Parkinson's Disease and their care partners.

Location: Newton, MA 02466 – Meeting in-person and online

Fee: Yes. Financial assistance is available.

For more information, contact Anne Muskopf, OTR/L at 781-693-5069 or

amuskopf@jfcsboston.org.

Link to website [here](#).

Nutrition Program for Individuals & Families Affected by Parkinson's Disease, Community Servings, Inc. *(updated October 2023)*

Location: Jamaica Plain, MA 02130

For more information, contact Carolyn Smith at 617-522-7777 or csmith@servings.org.

Link to Website [here](#).

SoulWorks Drumming

SoulWorks Rhythm provides therapeutic benefits like lower blood pressure stress relieve and improved coordination.

Location: Youville House – Cambridge, MA 02138

For more information, contact Yanira Burgos at yaniraburgos@youvillehouse.org or (857) 600-6501.



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Dance with Parkinson's (PD) – Boston *(updated October 2023)*

Dance with Parkinson's is a free class designed for people with Parkinson's Disease and other neurodegenerative conditions that keeps individuals moving in a fun, welcoming, and safe environment. Our instructors guide participants through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility.

Urbanity's instructors are safety certified and have trained with David Leventhal of Mark Morris Dance Group, who codified the original Dance for PD curriculum in collaboration with Brooklyn Parkinson's Group.

All are welcome, including caregivers; no previous dance experience required. Participants may start taking class at any time of the year, as registration is always open!

Locations:

- Urbanity Central – Boston, MA 02118
- Urbanity HQ – Boston, MA

Fee: No

For more information, contact Urbanity at dwp@urbanitydance.org.

Dance with Parkinson's (PD) - Cambridge

Taught by an instructor from Urbanity Dance, classes feature live musicians and trained professionals with extensive knowledge of how PD affects movement. Participants report improvements in range of motion, balance and mind-body coordination.

All are welcome, including caregivers; no previous dance experience required. Participants may start taking class at any time of the year, as registration is always open!

Location: Youville House – Cambridge, MA 02138

For more information, contact Yanira Burgos at yaniraburgos@youvillehouse.org or (857) 600-6501.

Youville's Step Up to PD program, Youville Assisted Living Residences

Location: Cambridge, MA

For more information, contact Yanira Burgos at yaniramotto@gmail.com.

Link to website [here](#).

Center for Neurorehabilitation *(updated October 2023)*

We are a team of physical therapists who specialize in the treatment of Parkinson's Disease. We provide physical therapy services and conduct exercise studies.

Location: Boston University – Boston, MA 02215 — Meeting In-Person, online optional

Fee: yes



New England Wellness Programs

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For more information, contact Joel Herbert at 617-353-7525 or bucnr@bu.edu.

Rock Steady Boxing at National Physical Therapy (updated December 2023)

*An intense and fun exercise program that includes non-contact boxing skills and emphasizes gross motor movement, balance, core strength, and rhythm, that can favorably impact range of motion, flexibility, posture, gait, and activities of daily living. **This location also offers Physical Therapy and Aquatic Physical Therapy*

Location: Stoughton, MA 02072

Fee: Yes

For more information, contact Kim Gada at nptstoughton@rsbaffiliate.com or 781-767-5200.

Rock Steady Boxing at SLS Fitness

Rock Steady Boxing uses the fundamentals of boxing training, in addition to Parkinson's specific exercises, to "Fight Back" against Parkinson's Disease.

Classes available: Mobility for Parkinson's, Intro to Tai Chi, Parkinson's Circuit, Parkinson's Rocksteady Boxing.

Location: Lowell MA, 01851

For more information, contact Katie, Skyla or Melissa at 978-4595959.

Link to Website [here](#).

JCC Greater Boston Parkinson's Wellness Programs (updated October 2023)

We offer both in-person and online exercise & movement classes (i.e., Cycle, Seated Strength, Tai Chi) and a care partner support group in collaboration with Beth Israel Deaconess Medical Center. We also offer Rock Steady Boxing with a certified coach.

Location: Newton, MA 02459 — Meeting In-Person and Online

Fee: Yes

For more information, contact Heidi White at 617-558-6459 or hwhite@jccgb.org

Link to website [here](#).

Forte Fitness Center

We offer Rock Steady Boxing classes proven to reduce the symptoms of PD and a supportive community dedicated to bettering the quality of life for those with Parkinson's Disease.

Location: Hyannis, MA 02601

Fee: Yes, assessment and first class are free.

For more information, contact Meredith Ruff at 508-776-7349 or info@fortefitnesscenter.com.

DopaFit® Parkinson's Movement Center

Community driven Parkinson's care specializing in various exercise methods to improve symptoms of Parkinson's, increase overall health, and promote an active lifestyle.

Locations: West Boylston, MA and Southampton, MA

For more information, contact Chad Moir at cmoir@mydopafit.com.

Link to Website [here](#).



New England Wellness Programs

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The Art Cart

The Art Cart's Smile Through Art Workshops are a creativity and movement program for people living with Parkinson's disease. Through art and exercise we help improve symptoms of Parkinson's such as fine motor skills, rigidity, micrographia, and mood.

Location: Meeting Online

Fee: Free

For more information, contact Saba Shahid at smilethroughart@gmail.com.

Link to Website [here](#).

Let's Combat Micrographia®, Creative Neurology, LLC

The Let's Combat Micrographia workbooks and program are your solution for improved handwriting! The only research based program supported by the NIH that can improve handwriting in as little as six weeks. Now available in English and Spanish.

Location: Meeting Online

Fee: Yes

For more information, contact Saba Shahid at smilethroughart@gmail.com.

Link to Website [here](#).

Dance for Parkinson's Northampton (updated October 2023)

This class is designed for individuals with Parkinson's Disease and their spouses, family members, friends and caregivers, and is a fun, community-minded experience to help attendees find lightness, ease and connection through dance.

Location: Studio Helix – Northampton, MA

Fee: Yes. Scholarships may be available.

For more information, contact Fritha Pengelly at 413.586.2524 or frithap@earthlink.net.

LSVT LOUD & LSVT BIG (speech, physical & occupational therapy)

LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. LSVT LOUD trains people with PD to use their voice at a more normal loudness level while speaking at home, work, or in the community. Key to the treatment is helping people "recalibrate" their perceptions so they know how loud or soft they sound to other people and can feel comfortable using a stronger voice at a normal loudness level.

LSVT BIG trains people with Parkinson disease (PD) to use their body more normally. LSVT BIG effectively trains improved movements for any activity, whether "small motor" tasks like buttoning a shirt or "large motor" tasks like getting up from sofa or chair or maintaining balance while walking. The treatment improves walking, self-care and other tasks by helping people "recalibrate" how they perceive their movements with what others actually see. It also



New England Wellness Programs

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teaches them how and when to apply extra effort to produce bigger motions – more like the movements of everyone around them.

Link to Website [here](#).

YOGA for People with Parkinson's

This program includes functionally based exercises - seated and standing, selected yoga postures, tools and breathing exercises to address the early symptoms of Parkinson's Disease. We will have fun and experience the joy of movement again.

Location: Dartmouth Council on Aging – South Dartmouth, MA 02748

Fee: Yes. Scholarships/subsidies available.

For more information, contact:

- Nancy Miller at COA, 508 999-4717
- Nanci Winterhalter, RYT (registered yoga teacher), MS PT (physical therapist), at nanciwinterhalter@gmail.com.

Yoga for Early Parkinson's, SANGHA New Bedford (updated November 2023)

A 6-week series, small group program including functionally based movements on and off the mat, yoga postures/practices, breathing exercises and more.

Location: New Bedford, MA 02740 – Meeting in-person

Fee: Yes. Financial support available.

For more information, contact Nanci Winterhalter, C-IAYT (yoga therapist), MS PT (physical therapist), at nanciwinterhalter@gmail.com or (508) 990-0178.

Link to Website [Here](#).

The Heron Dance / POTE GP

Various community exercise programs are available to the community including Chair Yoga and Dance with Parkinson's.

Location: Durfee Union Mills – Fall River, MA 02720

For more information, contact The Heron Studio at 774-264-0786 or

theheronstudio@gmail.com.

Attleboro YMCA

Offers Delay the Disease.

Location: Attleboro, MA 02703 - Meeting in person

For more information, contact Lisa Vecchioli at 508-409-0773 or

LVecchioli@attleboroyymca.org

Link to website [here](#).

Rock Steady Boxing Elite

Rock Steady Certified Coaches will give you a fun, safe and challenging class that will improve your strength, coordination, balance and overall health! Fun and friendly atmosphere, first class is free!



New England Wellness Programs

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Location: North Attleborough, MA 02760

Fee: Yes. First class is free.

For more information, contact eliteboxingandfitnessna@gmail.com or 508-699-4029., flexible

Rock Steady Beauties & Beasts

An innovative boxing and fitness program designed for people with Parkinson's. Our program, located at Striking Beauties Boxing & Fitness Studio, focuses on movement, balance, strength training, agility and social interaction. The physical benefits are only outweighed by the friendships developed in our group.

Location: N. Attleboro, MA 02760

For more information, contact Dena at DenaPaolino@gmail.com or 617.201.1868.

Rock Steady, Franklin MA (updated October 2023)

Rock Steady Boxing is a non-contact boxing training, combined with strength training, balance, agility, and stride drills.

Location: Franklin, MA 02038 – Meeting in-person

Fee: Yes

For more information, contact Karen Galligan at 508-958-3376 or

franklinma@rsbaffiliate.com.

Link to website [here](#).

Parkinson's Wellness (updated October 2023)

Location: Wenham, MA 01984

Fee: yes

For more information, contact Emily Righter at 978-867-4137 or Emily.righter@gordon.edu.

Link to website [here](#).

Emerson Hospital's Parkinson's Community Wellness Programs, Emerson Hospital,

Location: Concord, MA

For more information, contact Jessica Gravel at jgravel@emersonhosp.org

Link to website [here](#).

Dance With Parkinson's Program Support, Urbanity Dance

Location: Boston, MA

For more information, contact Betsi Graves at Betsi@urbanitydance.org.

Link to website [here](#).

Smile Through Art, Creative Neurology, LLC

Location: Southampton, MA

For more information, contact Saba Shahid at saba@creativeneurology.com

Link to website [here](#).



New England Wellness Programs

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RHODE ISLAND

Rock Steady Boxing East Greenwich

Rock Steady Boxing is a non-contact boxing exercise program designed to improve the balance, agility, strength and mobility of the Parkinson's athlete. This program is taught by certified Rock Steady Boxing trainers and is an affiliate of Rock Steady Boxing.

Location: East Greenwich, RI 02818

For more information, contact Carolyn Kosiba-Quiterio at 401.203.5133.

Parkinson Exercise Group (PEG) (updated October 2023)

Educating PT students and providing support to individuals with PD with an onsite group exercise class and on occasion research.

Location: Kingston RI 02881

Fee: No

For more information, contact Anne Marie Dupre at amdupre@uri.edu or 401-874-5002.

Dancing for PD

Dancing for PD is a dance class that focuses on balance, flexibility, coordination, gait, and community within a fun and accepting environment.

Location: Newport County YMCA – Middletown, RI 02842

Fee: Yes

For more information, contact Cori O'Kane at corio@newportymca.org or 401.847.9200 x117.

DAPpers (Dance for All People)

DAPpers is a dance class designed for people with movement challenges such as Parkinson's disease and anyone moving with an aging and changing body.

Location: Ashamu Dance Studio Brown University – Providence, RI 02912

Fee: Yes.

For more information, contact Rachel Balaban at balaban.rachel@gmail.com or 401-261-7062.

Rock Steady Boxing South County

A non-contact boxing program offering hope to people with Parkinson's. Rock Steady Boxing helps to empower people with PD to fight back and improve their quality of life.

Location: Peace Dale, RI 02883

For more information, contact Jenny Gallagher at 401-783-3900 or at southcountyyymca@rsbaffiliate.com.



New England Wellness Programs

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TPP Fitness (The Parkinson's Place)

Various Parkinson's classes are offered including Parkinson's Boxing, Balance & Agility, as well as Support Groups

Location: Warwick, Rhode Island 02886

Fee: Yes

For more information, contact (401) 267-8227 or tppfitnessri@gmail.com.

VERMONT

Movement for Parkinson's (updated October 2023)

Dance for PD is an aesthetic experience that focuses on developing artistry and grace while addressing such Parkinson's-specific concerns as balance, flexibility, coordination, gait, social isolation, and depression. Class is infused with a diverse selection of music that inspires and invigorates the spirit. Come and dance in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. No dance experience required, and classes are free of charge. Carers are welcome to join. Classes are taught by Sara McMahon, a Dance for PD Certified Teachers

Location: South Burlington Senior Center at South Burlington, VT — Meeting In-Person

Fee: No

For more information, contact movementforparkinsons@gmail.com or 802.881.9673.

Link to Website [here](#).

Staying Active With Parkinson's, Upper Valley Aquatic Center (updated October 2023)

Learn body weight exercises that focus on: Core work, multi-joint and multi-muscular movement to improve flexibility and range of movement.

Location: White River Junction, VT 05001 – Meeting in-person

Fee: Yes

For more information, contact Brandon Thibodeau at (802) 296-2850, ext 104 or bthibodeau@uvacswim.org.

Link to Website [here](#).

Upper Valley Program for Parkinson's (updated October 2023)

Pedaling for Parkinson's (instructor John Tomeny) and Rock Steady Boxing (instructor Tamara Barry) programs are available.

Location: White River Junction, VT 05001 - Meeting in-person

Fee: No

For more information, contact John Tomeny at (603) 491-8841.

Link to website [here](#).