

**Parkinson’s Disease Wellness & Exercise Programs of Florida**

**Before attending a class for the first time, we recommend reaching out to the contact or facility to confirm schedule details.**

*This listing is provided for informational purposes only. These are independent programs, unaffiliated with the Parkinson’s Foundation and is not an endorsement or recommendation of a specific therapy, device or service.*

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

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**Florida listings by County**

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<p><a href="#"><u>Alachua</u></a></p> <p><a href="#"><u>Bay</u></a></p> <p><a href="#"><u>Brevard</u></a></p> <p><a href="#"><u>Broward</u></a></p> <p><a href="#"><u>Citrus</u></a></p> <p><a href="#"><u>Charlotte</u></a></p> <p><a href="#"><u>Clay</u></a></p> <p><a href="#"><u>Collier</u></a></p> <p><a href="#"><u>Duval</u></a></p> <p><a href="#"><u>Escambia</u></a></p> <p><a href="#"><u>Flagler</u></a></p> <p><a href="#"><u>Hernando</u></a></p> <p><a href="#"><u>Hillborough</u></a></p> <p><a href="#"><u>Indian River</u></a></p> <p><a href="#"><u>Lake</u></a></p> <p><a href="#"><u>Leon</u></a></p> <p><a href="#"><u>Marion</u></a></p>	<p><a href="#"><u>Martin</u></a></p> <p><a href="#"><u>Miami- Dade</u></a></p> <p><a href="#"><u>Monroe</u></a></p> <p><a href="#"><u>Manatee</u></a></p> <p><a href="#"><u>Nassau</u></a></p> <p><a href="#"><u>Osceola</u></a></p> <p><a href="#"><u>Orange</u></a></p> <p><a href="#"><u>Palm Beach</u></a></p> <p><a href="#"><u>Pasco</u></a></p> <p><a href="#"><u>Pinellas</u></a></p> <p><a href="#"><u>Polk</u></a></p> <p><a href="#"><u>Seminole</u></a></p> <p><a href="#"><u>St. Johns</u></a></p> <p><a href="#"><u>Sarasota</u></a></p> <p><a href="#"><u>Sumter</u></a></p> <p><a href="#"><u>Volusia</u></a></p> <p><a href="#"><u>Walton</u></a></p>
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## Parkinson's Disease Wellness & Exercise Programs of Florida

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### PALM BEACH COUNTY

#### DELRAY BEACH

##### **People with Parkinson's & Care Partners Support Group**

Contact: Karen Altonen at 561.385.3487 or [kaltonen@bellsouth.net](mailto:kaltonen@bellsouth.net)

Where: Shirley & Barton Weisman Delray Community Center, 7091 W Atlantic Ave, Delray Beach, FL 33446

When: 2nd Wednesday from 3:00-4:30 p.m.

##### **Deep Brain Stimulation Support Group**

Contact: For more information reach out to Melissa Morante at 631-766-1495 or [mmorante@comforcare.com](mailto:mmorante@comforcare.com)

Where: Weisman Delray Community Center, 7091 West Atlantic Ave., Delray Beach, Florida 33446

When: Wednesday May 1, 2019 and Wednesday, October 2, 2019 from 3:30 p.m.- 5:00 p.m.

#### BOYNTON BEACH

##### **Parkinson's Disease & Care Partners Support Group**

Contact: Susan Wachtel, Phone: 561.736.9992, email: [susan.wachtel@hcr-manorcare.com](mailto:susan.wachtel@hcr-manorcare.com)

Where: Heartland Healthcare of Boynton Beach, 3600 Old Boynton Road, Boynton Beach, FL 33436

When: 4th Wednesday of each month from 2:00 p.m.-3:00 p.m.

#### LAKE WORTH

##### **Parkinson's Support Group- Lake Worth**

Contact: For more information reach out to Melissa Morante at 631-766-1495 or [mmorante@comforcare.com](mailto:mmorante@comforcare.com)

Where: FYZICAL Therapy & Balance Centers, 7103 Lake Worth Rd., Lake Worth, FL 33467

When: 1<sup>st</sup> Friday of every month from 12:30 p.m.- 2:00 p.m.

#### WEST PALM BEACH

##### **Parkinson's Caregivers Support Group**

Contact: Parkinson's Foundation at 561.962.1702

Where: Mandel JCC, 5221 Hood Road, Palm Beach Gardens, FL 33418

When: Last Wednesday of every month at 1:30 p.m. (October through April only)

##### **Parkinson's Support Group- West Palm Beach**

Contact: For more information reach out to Melissa Morante at 631-766-1495 or [mmorante@comforcare.com](mailto:mmorante@comforcare.com)

Where: Palm Beach Neuroscience Institute, 901 Village, Blvd., #702, West Palm Beach, FL 33409

When: 4<sup>th</sup> Tuesday of every month from 11 a.m.- 12:30 p.m.

#### PALM BEACH GARDENS

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### Rock Steady Boxing Support Group

Contact: Louis A. Haneef, MS, LMHC, MCAP, Certified RSB Coach at 561.460.7840

Where: 9091 North Military Trail #5, Palm Beach Gardens, FL 33410

When: Meets the first Monday of the month at 12:00 p.m.

### Parkinson's Support Group- Palm Beach Gardens

Contact: For more information reach out to Melissa Morante at 631-766-1495 or [mmorante@comforcare.com](mailto:mmorante@comforcare.com)

Where: Discovery Village, 100 Discovery Way, Palm Beach Gardens, FL

When: 2<sup>nd</sup> Tuesday of every month from 11 a.m.- 12:30 p.m.

## JUPITER

Contact: Jupiter Support Group by email at [parkinsonsjupiter@gmail.com](mailto:parkinsonsjupiter@gmail.com) or Laura Kremer, LCSW at 561.209.6124 or by email at [laurak@morselife.org](mailto:laurak@morselife.org)

Where: Jupiter Community Center | 200 Military Trail, Jupiter, FL 33458

When: 2<sup>nd</sup> Friday of the month from 12:30-1:30 p.m. (Caregiver Support)

## BROWARD COUNTY

### CORAL SPRINGS

#### Parkinson's Disease & Care Partners Support Group

Contact: APDA South Florida Chapter, Phone: 800-825-2732, Email: [adpaflorida@adpapakinson.org](mailto:adpaflorida@adpapakinson.org)

Where: Broward Health Coral Springs Medical Office Complex, 3100 Coral Hills Drive, Coral Springs, FL 33065 in Conference Room A/B

When: Meets on the 4<sup>th</sup> Tuesday of each month from 2-3:30 p.m.

### POMPANO BEACH

Contact: Dave Thomson at 954.366.4794- (Residents only)

Where: John Knox Village, Hibiscus Room, 651 Village Drive, Pompano Beach, FL 33060

When: Tuesday (3<sup>rd</sup> Tues): 2:00 - 3:00 p.m.

### FORT LAUDERDALE

#### Calvary Church (Movers and Shakers)

Contact: Jim Branhan at 954.263.7850

Where: Calvary Chapel 2401 W Cypress Creek Road, Fort Lauderdale, FL 33309

When: 1<sup>ST</sup> and 3<sup>rd</sup> Thursday of the month from 7:00 p.m.- 9:00 p.m.

### DAVIE

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### **Nova Southeastern University Parkinson's Support Group**

Contact: NCCOA Program Coordinators at 954.262.5843

Where: NSU Ziff Health Care Center Building Room 4273 (free valet parking)

Address: 3200 S. University Dr. Davie, FL 33328

When: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month (subject to change) from 10:30 a.m.- 12 p.m.

### **COOPER CITY**

#### **Young/Early Onset Parkinson's Support Group**

Contact: Saul Chapnick, MSW, Email: [smchapnick@gmail.com](mailto:smchapnick@gmail.com)

Where: Temple Beth Emet, 4807 S. Flamingo Road, Cooper City, FL 33330

When: 2nd Tuesday (odd months only) from 6:30-8:30 p.m. (even months there is an outing-TBD)

### **MIAMI-DADE COUNTY**

#### **The University of Miami South Florida Parkinson's Disease Support Group/Exercise Class**

Where: St. Catherine's West Rehabilitation Hospital, 8850 NW 122 St. Hialeah Gardens, FL 33018 (in the 3<sup>RD</sup> Floor Dining Room) (free parking)

When: First Wednesday of the month at 1 p.m.

\*The meetings will include 30 to 45 min. of Parkinson's specific exercise program by LSVT trained rehabilitation specialists

#### **PWP & Care partners | Peer led**

Contact: Ivon & Abe Bertan at 786.683.0240 or [irbertan@bellsouth.net](mailto:irbertan@bellsouth.net)

Where: Baptist Health | Medical Arts Building, Health Resource Center | 8950 N Kendall Drive, Suite 105

When: 2nd Friday from 7:00-8:30pm and 3rd Saturday (in Spanish) from 12:00-2:00pm

### **MONROE COUNTY**

#### **Parkinson's Support Group Key West**

Contact: Oscar Rodriguez at (305).395.2897

Where: El Siboney Restaurant, 900 Catherine St, Key West, FL 33040 (No charge except for your lunch order)

When: 1<sup>st</sup> Tuesday of the month at 12:30 p.m.

### **COLLIER COUNTY**

#### **NAPLES**

#### **Parkinson Association of Southwest Florida, Inc. (PASFI)**

#### **General Support Group**

Contact: PASFI at 239.417.3465 or email: [pasfi@aol.com](mailto:pasfi@aol.com)

Where: Terracina Grand, 6825 Davis Blvd, Naples, FL 34104

When: Monday's from 2:30 p.m. to 3:30 p.m.

\*Please call or email for details of the PD support group.

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### **Parkinson Association of Southwest Florida, Inc. (PASFI)**

#### **Care Partners Support Group**

Contact: PASFI at 239.417.3465 or email: [pasfi@aol.com](mailto:pasfi@aol.com)

Where: Bayshore Naples, 1260 Creekside Blvd, Naples, FL 34108

When: Every third Wednesday of the month from 2- 3 p.m.

\*Please call or email for details of the PD support group.

### **BONITA SPRINGS**

### **Parkinson Association of Southwest Florida, Inc. (PASFI)**

#### **Support Group- Terraces Bonita Springs**

Contact: PASFI at 239.417.3465 or email: [pasfi@aol.com](mailto:pasfi@aol.com)

Where: The Terraces at Bonita Springs, 26455 S Tamiami Trail, Bonita Springs, FL 34134

When: Every 2nd and 4th Thursday's of the month from 11 a.m.- 12 p.m.

\*Please call or email for details of the PD support group.

### **CHARLOTTE COUNTY**

#### **PUNTA GORDA**

#### **Punta Gorda Parkinson's Support Group**

Contact: Neuro Challenge Foundation for Parkinson's PASFI at 239.417.3465 or email: [pasfi@aol.com](mailto:pasfi@aol.com)

Where: Punta Gorda Isles Civis Association, 2001 Shreve Street, Punta Gorda, FL 33590

When: Every fourth Friday of the month from 10 a.m.- 11:30 a.m.

\*Please call or email for details of the PD support group.

#### **Care Partner Support Group**

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: The Bean on 41 Coffee Shop, 2705 Tamiami Trail, Unit 413, Punta Gorda, FL 33950

When: The first Tuesday of the month from 10 a.m.- 11:30 a.m.

#### **PORT CHARLOTTE**

#### **Port Charlotte Support Group**

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Murdock Baptist Church, 18375 Cochran Blvd, Port Charlotte, FL 33948

When: On the 2<sup>nd</sup> Tuesday of the month from 1:30 p.m.- 3:00 p.m.

### **SARASOTA COUNTY**

#### **VENICE**

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### Venice Care Partner Support Group

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Jacaranda Public Library, 4143 Woodmere Blvd, Venice, FL 34293

When: Every 4<sup>th</sup> Thursday of the month from 3- 4:30 p.m.

### SARASOTA

### Sarasota Women's Parkinson's Support Group

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Goodwill Manasota, 5150 N. Tamiami Trail, Sarasota, FL 34234

When: 4<sup>th</sup> Monday of the of the month (seasonal) from October- May from 1:30 p.m.- 3 p.m.

### Memory Café- Strategies for Caregiver Dealing with Dementia

Contact: Parkinson Place, Susan Belesi- Member Relations Director at 941-893-4188 ext.106

Where: Parkinson's Place, 5969 Cattleridge Blvd, Suite 100, Sarasota, FL 34232

When: Every 3<sup>rd</sup> Friday of the month from

\*Join and become a free member the Parkinson's Place to attend the support groups

### Parkinson's Power- Support for Patients and Caregivers

Contact: Parkinson Place, Susan Belesi- Member Relations Director at 941-893-4188 ext.106

Where: Parkinson's Place, 5969 Cattleridge Blvd, Suite 100, Sarasota, FL 34232

When: Every Tuesday of the month from 10 a.m.-11:30 a.m.

\*Join and become a free member the Parkinson's Place to attend the support groups

### Caregivers Only Club

Contact: Parkinson Place, Susan Belesi- Member Relations Director at 941-893-4188 ext.106

Where: Parkinson's Place, 5969 Cattleridge Blvd, Suite 100, Sarasota, FL 34232

When: Every Wednesday of the month from 10 a.m.-11 a.m.

\*Join and become a free member the Parkinson's Place to attend the support groups

## MANATEE COUNTY

### PALMETTO

### Manatee Parkinson's Support Group

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Riviera Palm, 926 Haben Blvd. Palmetto, FL 34221

When: The 2<sup>nd</sup> Friday of the month from 10 a.m.- 11 a.m.

## LONGWOOD RANCH

### Bradenton Care Partner Support Group

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

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Where: The Sheridan Lakewood Ranch, 11705 Evening Walk Drive, Lakewood Ranch, FL 34211

When: On the 2<sup>nd</sup> and 4<sup>th</sup> Thursday's of the month from 10 a.m.- 11:30 a.m.

### **BRANDENTON**

#### **Parkinson's Wellness Club- Bradenton, Heritage Harbour**

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Sarasota Memorial Healthcare Center at Heritage Harbour, 1040 River Heritage Blvd. Bradenton, FL 34212- the meeting room is located behind the Rehabilitation area.

When: On the first Wednesday of the month from 10 a.m.- 11:30 a.m.

#### **Bradenton Parkinson's Support Group**

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Freedom Village, 6410 21<sup>st</sup> Ave. W., Bradenton, FL 34209

When: On the 3<sup>rd</sup> Tuesday of the month from 10 a.m.- 11:30 a.m.

#### **Bradenton Women's Parkinson's Support Group**

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Mocha Joe's Café, 3633 Cortex Rd. W, Bradenton, FL 34210

When: On the 3<sup>rd</sup> Friday of the month from 1:30 p.m.- 3:00 p.m.

### **PINELLAS COUNTY**

#### **ST. PETERSBURG**

#### **Pinellas Parkinson's Support Group**

Contact: Neuro Challenge Foundation for Parkinson's at 941-926-6413

Where: Mirror Lake Library, 280 5<sup>th</sup> St. N. St. Petersburg, FL 33701

When: The 3<sup>rd</sup> Monday of the month from 10 a.m.- 11:30 a.m.

#### **LARGO**

#### **The Palms of Largo at Cypress Palms Parkinson's Support Group**

Contact: Leah Einboden, Phone: (727) 385-9881, Email: [leah.einboden@thepalmsoflargo.com](mailto:leah.einboden@thepalmsoflargo.com)

Where: 400 Lake Avenue NE Largo, FL 33771

When: Meets 3<sup>rd</sup> Tuesday of each month from 12:00 to 1:30 p.m., lunch is provided, RSVP required

### **HILLSBOROUGH COUNTY**

#### **SUN CITY**

#### **Sun Towers Parkinson's Support Group**

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Contact: Debbie Caneen, phone: (813) 634-3347, cell: (813) 892-2990

Email: [dcaneen@suntowersretirement.com](mailto:dcaneen@suntowersretirement.com)

Where: Sun Towers – Theater, 101 Trinity Lakes Drive, Sun City Center, FL 33573

When: Meets 3rd Monday of each month from 1:30 p.m. to 3 p.m.

### BRANDON

#### Brandon Parkinson's Disease Support Group

Phone: 813-661-8998

Where: Hawthorne Health & Rehabilitation Media Center, 851 West Lumsden Rd Brandon, Florida

When: Meets 3rd Thursday of every month from 2:00 to 3:00 p.m.

\*Be sure to call to confirm meeting details

### TAMPA

#### North Tampa Parkinson's Action Group (NTPAG)

Contact: Valerie Herrero, Phone: 813-390-2662, Email: [vherrero52@hotmail.com](mailto:vherrero52@hotmail.com)

Where: Jewish Community Center on the Cohn Campus, 13009 Community Campus Dr. Tampa, FL 33625

When: Meets on the 3<sup>rd</sup> Tuesday of each month from 1:00 p.m. to 3:00 p.m.

#### Parkinson's Foundation Wellness Initiative

##### Caregivers Support Group

USP Contact: Leight Harrell, 813-396-0796 or [leighharrell@health.usf.edu](mailto:leighharrell@health.usf.edu)

JCC contact: Pnina Levermore, 813-291-2253 or [Pnina.Levermore@jewishtampa.com](mailto:Pnina.Levermore@jewishtampa.com)

Where: Jewish Community Center on the Cohn Campus, 13009 Community Campus Dr. Tampa, FL 33625

When: Meets each Friday of the month from 1:30 to 2:30 p.m.

##### Parkinson's Foundation Wellness Initiative Patient Support Group

USP Contact: Leight Harrell, 813-396-0796 or [leighharrell@health.usf.edu](mailto:leighharrell@health.usf.edu)

JCC contact: Pnina Levermore, 813-291-2253 or [Pnina.Levermore@jewishtampa.com](mailto:Pnina.Levermore@jewishtampa.com)

Where: Jewish Community Center on the Cohn Campus, 13009 Community Campus Dr. Tampa, FL 33625

When: Meets each Friday of the month from 12:00 PM to 1:00 p.m.

#### South Tampa Parkinson's Support Group

Contact: Betsy Barber at (813) 787-2223; [betsy.barber@yahoo.com](mailto:betsy.barber@yahoo.com)

Contact: Frank Marcia at (813) 240-5024

Where: South Tampa YMCA, 4411 S Himes Ave, Tampa, FL 33611

When: Meets 1<sup>st</sup> Tuesday of each month from 11:30 to 1 p.m.

### PASCO COUNTY

### NEW PORT RICHEY

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### **New Port Richey Parkinson's Support Group**

Contact: Laura Crawford, phone: (813) 760-1525, email: [LReinking@mac.com](mailto:LReinking@mac.com)

Where: Family Fitness Center at 4028 Little Rd., Trinity, FL, 34655

When: Meets the 1st Monday of each month at 2:30 p.m.

## **HERNANDO COUNTY**

### **SPRING HILL**

#### **The Residence at Timber Pines Parkinson's Support Group**

Contact: Jay Michael at (352) 683-9009 or mobile phone: 352-942-9761

Where: The Residence at Timber Pines, 3140 Forest Road Spring Hill, FL 34606

When: Meets 1st Monday of each month at 1:30 p.m. on the 3rd floor

#### **Spring Hill Parkinson's Support Group**

Contact: Ramona DesLauries at 352-796-0596

Where: Spring Hill Enrichment Center, 11375 Cortez Blvd. (behind Oak Hill Hospital)

When: Meets 1st Monday of the month, 1:00 - 3:00 p.m.

\*Please call for more information on other PD programs such as Tai Chi and Body Fitness for PD.

## **CITRUS COUNTY**

### **CRYSTAL RIVER**

#### **Parkinson's Disease Outreach Group**

Contact: Seven Rivers Regional at 352-795-0534

Where: Senior Circle Center, 11537 West Emerald Oaks Drive, Crystal River, FL 34428

When: Meets on the 2<sup>nd</sup> Thursday of the month from 2:30 -3:30 p.m.

## **SUMTER COUNTY**

### **THE VILLAGES**

#### **The Village People with Parkinson's**

For Lake County, contact: Bill Gray at 352-753-2890

For Sumter & Marion Counties contact Pat Pipa at 352-751-3685, [pjpipa1622@embarqmail.com](mailto:pjpipa1622@embarqmail.com) or Marge Gorman at 352-259-8853

Where: American Legion on Rolling Acres near 466 on the 2nd Wednesday at 3:00 p.m. to 5:00 p.m.

\*Early-onset PD: contact Oscar Alzate at 352-307-9708

#### **The Parkinson's Ladies of the Villages**

Contact: Melinda Adams at 517-420-4020

Where: The Churchill Street Recreation CENTER, 2375 Churchill Downs, The Villages, FL 32162

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When: On the 3<sup>rd</sup> Wednesday of the month from 10 a.m.- 11:50 a.m.

### Tierra del Sol Caregivers Support Group (Women)

Contact: Karen Eicher at 941-962-0017

Where: Tierra del Sol Recreation Center, 806 San Marino Drive, The Villages, FL 32159

When: Every Monday at 8:30 a.m.- 10:20 a.m.

## LAKE COUNTY

### TAVERES

Contact: AdventHealth Parkinson Outreach Center 407-303-5295

Where: AdventHealth Waterman Creation Conference Center, 1000 Waterman Way, Tavares, FL 32778

When: On the 2<sup>nd</sup> Monday of each month from 1- 3 p.m.

**\*Presentations and support-group meetings are for both patients and care partners.**

### CLERMONT

#### Clermont Support Group

Contact: Deborah Snow, Email: [Deborah.snow@bioclinica.com](mailto:Deborah.snow@bioclinica.com)

Where: Cooper Memorial Library 2525 Oakley Seaver Dr. in Clermont, FL 34711, Meeting Room TBA

When: Meets on the 3<sup>rd</sup> Tuesday of each month at 3:00 p.m.; contact prior to going to confirm details

## LAKE LADY

### Lake County PD Support Group

Phone: 352-775-2952, email: [caregiverresourcecenter@gmail.com](mailto:caregiverresourcecenter@gmail.com)

Where: Tri County Caregiver Resource Center, 16770 US-441, Lady Lake, FL Suite 607

\* Please call or email for details of the PD support group.

\* Provide services to caregivers and patients with all types of neurological conditions.

## POLK COUNTY

### LAKELAND

#### Lakeland Parkinson's Support Group

Contact: Ginny Wolfe, phone: (863) 224-3264, email: [vzwolfe@aol.com](mailto:vzwolfe@aol.com)

Where: Lakeland Volunteers in Medicine/Family Fundamentals Building (formerly the John Cox Elementary School), 1021 Lakeland Hills Blvd, Lakeland, FL 33805

When: Meets 2<sup>nd</sup> Wednesday of each month from 1:00 to 2:00 p.m.

#### Lakeland Parkinson's Caregivers Support Group

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Contact: Ginny Wolfe, phone: (863) 224-3264, email: [vzwolfe@aol.com](mailto:vzwolfe@aol.com)

Where: Lakeland Volunteers in Medicine/Family Fundamentals Building (formerly the John Cox Elementary School), 1021 Lakeland Hills Blvd, Lakeland, FL 33805

When: Meets 4th Wednesday of each month from 1:00 to 2:00 p.m.

## MARTIN COUNTY

### STUART

#### Living with Parkinson's Support Group

Contact: Allegro at 772-223-0883

Where: Allegro Stuart, 3400 SE Aster Lane, Stuart, FL 34994

When: On the 2<sup>nd</sup> Wednesday of the month at 3 p.m.

*\*Parkinson's Support Group conducted by Erick Anderson, R.N.*

*This support group is open to everyone throughout the Stuart community.*

#### Symphony at Stuart- Parkinson's Support Group

Contact: Symphony at Stuart at 772-200-3627 or Laura Kremer, LCSW at 561-386-2879 or by email at [laurak@morselife.org](mailto:laurak@morselife.org)

Where: The Symphony, 4900 SE Willoughby Blvd, Stuart, FL 34997 (the corner of Willoughby and Pomeroy)

When: 2nd Monday from 1:30-2:30pm (During the summer Stuart and Port St. Lucie groups combine)

## PORT ST. LUCIE

### Harbor Place- Port St. Lucie

Contact: For more information, contact Laura Kremer at 561-386-2879 or [LauraK@morselife.org](mailto:LauraK@morselife.org)

Where: Harbor Place, 3700 Jennings Road, Port St. Lucie, FL 34952

When: Every 3<sup>rd</sup> Tuesday of the month from 2- 3 p.m.

*\*Sponsored by the American Parkinson's Disease Association*

## INDIAN RIVER COUNTY

### VERO BEACH

#### Alzheimer's and Parkinson's Association of Indian River County- Support Groups

Contact: (772) 563-0505, Email: [info@alzpark.org](mailto:info@alzpark.org)

Where: Alzheimer & Parkinson Association of IRC, 2300 5<sup>th</sup> Avenue, Suite 150, Vero Beach, FL 32960

When:

- Caregivers Only Support Group: Last Tuesday of the month – 2:45 p.m.
- PD patients and caregivers: Last Wednesday of the month – 10:30 a.m.

## BREVARD COUNTY

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### COCOA

#### Central Brevard Support Group

Contact: Parkinson's Support Group of Brevard County

Where: 308 Forrest Ave, Cocoa, FL 32922, USA

When: On the 2<sup>nd</sup> Monday of the month from 2- 4 p.m.

### VIERA

#### IRCC Support Group

Contact: Parkinson's Support Group of Brevard County

Where: 8085 Spyglass Hill Road, Viera, FL 32940

When: On the 1<sup>st</sup> Monday of the month from 10 a.m.-11:30 a.m.

### PALM BAY

#### South Brevard Support Group- RiverView Senior Resort

Contact: Jack Bibb at 321-432-0667 or by email at majjak@cfl.rr.com

Where: RiverView Senior Resort, 3490 Gran Ave, Palm Bay, FL 32905

When: On the 1<sup>st</sup> Friday of the month from 10 a.m.- 12 p.m.

### TITUSVILLE

#### North Brevard Support Group

Contact: Parkinson's Support Group of Brevard at 321-622-5845

Where: 931 N Washington Ave, Titusville, FL 32796, USA

When: Every 3<sup>rd</sup> Wednesday of the month from 2- 4 p.m.

### MELBOURNE

#### South Brevard Support Group- The Fountains of Melbourne

Contact: Parkinson's Support Group of Brevard at 321-622-5845

Where: The Foundations of Melbourne, 4451 Stack Blvd, Melbourne, FL 32901

When: On the 4<sup>th</sup> Thursday of the month from 1:30- 3:30 p.m.

\*Expect for the months of November and December due to the holidays

### OSCEOLA COUNTY

#### CELEBRATION

#### AdventHealth Celebration- Osceola County Support Group

Contact: AdventHealth Parkinson Outreach Center 407-303-5295

Where: AdventHealth Celebration, Palms Conference Room, 400 Celebration Place, Celebration FL 34747

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## **Parkinson's Disease Wellness & Exercise Programs of Florida**

**Before attending a class for the first time, we recommend reaching out to the contact or facility to confirm schedule details.**

When: On the 3<sup>rd</sup> Wednesday of the month from 1:30 -2:30 p.m. Caregiver meeting Pedaling for Parkinson's, 2:30 p.m.- 3:30 p.m. Support group meeting and presentation

### **KISSIMMEE**

#### **Kissimmee Parkinson's Support Group**

Contact: Rose Babcock, phone:(407) 847-9110, email: [babcockr@selectmedical.com](mailto:babcockr@selectmedical.com)

Where: Select Physical Therapy, 501 E Oak St, Suite D, Kissimmee, FL 34744

When: Meets the 2<sup>nd</sup> Thursday of the month at 6:15 p.m.

#### **Spanish Parkinson's Support Group**

Contact: Parkinson's Outreach Center at 407-303-5295 or Gloria Puerto at 407-907-5592

Where: Vitas Osceola County, 3700 Commerce Blvd., Suite 200, Kissimmee, FL 34741

When: Feb 22, Mar 29, Apr 26, May 24, Jun 28, Jul 26, Aug 23, Sep 27, Oct 25, Nov 22 from 10 a.m. to 12 p.m.

### **ORANGE COUNTY**

#### **ORLANDO**

#### **Young Onset Parkinson's Disease Support Group**

Contact: AdventHealth Parkinson Outreach Center at 407-303-5295

When: Meetings are held on the 1st Thursday evening of each month from 6:30 to 8 p.m. and includes educational presentations and group discussions.

\*To join contact the AdventHealth Parkinson Outreach Center

#### **Parkinson's Disease Support Group**

Contact: AdventHealth Parkinson Outreach Center at 407-303-5295

Where: Florida Hospital Seventh- day Adventist Church, 2800 N. Orange Ave., Orlando, Florida 32804

When: On the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 10 a.m.

### **SEMINOLE COUNTY**

#### **LONGWOOD**

#### **Parkinson's Disease Support Group**

Contact: AdventHealth Parkinson Outreach Center at 407-303-5295

Where: St. Stephen's Lutheran Church, 2140 W SR 434, Longwood, FL 32779

When: On the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 10 a.m.

### **VOLUSIA COUNTY**

#### **DAYTONA BEACH**

#### **Daytona Beach PD Support Group**

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## **Parkinson's Disease Wellness & Exercise Programs of Florida**

**Before attending a class for the first time, we recommend reaching out to the contact or facility to confirm schedule details.**

Please contact Vince Kinsell at 386-871-4193 or by email at [parkinsondaytona@gmail.com](mailto:parkinsondaytona@gmail.com)

### **Parkinson's Support Group and Parkinson's Caregivers Support Group- Holly Hill**

Contact: To RSVP, call 386-226-9110

Facilitators: Nancy Dawson, LCSW and Julie Randolph, LCSW

Where: Bishop's Glen, 900 LPGA Blvd, Daytona Beach, FL 32117

When: Meets on the 1<sup>st</sup> Tuesday of the month at 2:15 p.m.

## **MARION COUNTY**

### **Mind and Motion Parkinson's Support Network**

Presentations and support group meetings

Contact: Rod at (352) 861-9751, or Peter at 407-619-3736

Where: Master the Possibility Education Center, Circle Square Commons, SW 80th St, Ocala, FL 34481

When: Always the last Friday of the month, 1:00 p.m. to 3:00 p.m.

\*Please review their website: [www.mindandmotion.org](http://www.mindandmotion.org), for more information.

## **FLAGLER COUNTY**

### **FLAGLER BEACH**

#### **Flagler Area Parkinson's Support Group and Parkinson's Caregivers Support Group**

Contact: To RSVP, call 386-425-3734

Facilitators: Nancy Dawson, LSCW and Marianne Chapin, LCSW

Where: United Methodist Church, 1520 S. Daytona Avenue, Flagler Beach, FL 32136

When: The 2<sup>nd</sup> Wednesday of every month from 1- 3 p.m.

## **PALM COAST**

### **Palm Coast PD Support Group**

Please contact Laurel Gaddy at 386-586-4420 or by email at [laurel.gaddy@ahss.org](mailto:laurel.gaddy@ahss.org) for details on this support group.

## **ST. JOHNS COUNTY**

### **ST. AUGUSTINE**

#### **St Augustine Parkinson's Disease Support Group (PDSG)**

Contact: Melanie Lomaglio, phone: 904-501-8779. Email: [Melanie@starsrehab.org](mailto:Melanie@starsrehab.org)

Where: STARS Rehab, 105 Mariner Health Way, St Augustine, FL, 32086

Please visit their website for more information: <https://starsrehab.org/parkinsons-support-group/>

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## Parkinson's Disease Wellness & Exercise Programs of Florida

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### NASSAU COUNTY

#### FERNANDINA BEACH

Contact: Lee Collins, Email: [Texasskipper@att.net](mailto:Texasskipper@att.net)

Where: Nassau County Council on Aging Facility, 1901 Island Walkway, Fernandina Beach, FL 32034

When: Meets on the third Thursday of each month at 7:00 p.m.

### DUVAL COUNTY

#### JACKSONVILLE

##### UF Health Jacksonville Parkinson's Disease Support Group

Contact: Lisa Smith, 904-244-9480, [lisa.smith@jax.ufl.edu](mailto:lisa.smith@jax.ufl.edu)

Where: 580 West 8<sup>th</sup> St, Jacksonville, FL 32209

When: Second Wednesday of each month at 11:30 a.m.

##### Parkinson Support Group

Contact: Karen Perrin, phone: 904-244-9719, email: [Karen.Perrin@jax.ufl.edu](mailto:Karen.Perrin@jax.ufl.edu)

Where: Shands at Jacksonville, Tower 1, 2nd Floor, Mason Room. 580 West 8th Street. Jacksonville, FL 32209

When: Meets 2nd Wednesday of every month at 11:30AM-1:30 p.m.

##### Parkinson's Disease and Related Diseases Support Group

Contact: Anne Martin, phone: (904) 953-6523, email: [martin.anne@mayo.edu](mailto:martin.anne@mayo.edu)

Where: Mayo Clinic, Cannaday Building, Room 1107, 4500 San Pablo Road, Jacksonville, FL 32224

When: 1st Wednesday each month; 12:30 – 1:30 p.m.

### JACKSONVILLE BEACH

#### Parkinson's Disease Support Group for Patients and Caretakers

Contact: Carol Rishel, phone: (904) 247-7876, email: [csrishel@gmail.com](mailto:csrishel@gmail.com)

Where: Palms Presbyterian Church, 3410 3rd St S, Jacksonville Beach, FL 32250

When: Each Thursday, 10:00 AM to 12:00 p.m.

\*Those with any movement disorders are welcome.

Southside of Jacksonville Beach, please contact Michelle Prosje: [info@neuropsychnfl.com](mailto:info@neuropsychnfl.com)

### CLAY COUNTY

#### ORANGE PARK

##### Orange Park Support Group

Contact: Stan Harris, Phone: (904) 860-2471, Email: [dsharrisjr@gmail.com](mailto:dsharrisjr@gmail.com)

Where: Orange Park Public Library Meeting Room, 2054 Plainfield Ave.; Orange Park

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## Parkinson's Disease Wellness & Exercise Programs of Florida

Before attending a class for the first time, we recommend reaching out to the contact or facility to confirm schedule details.

When: Meets 3rd Saturday of each month, begins at 2:00 p.m.

### **Orange Park Support Group Caregivers Support Group**

Contact: Elaine Balcom, Email: [evesmimi2@gmail.com](mailto:evesmimi2@gmail.com)

Where: Orange Park Public Library, 2054 Plainfield Ave, Orange Park, FL 32073

When: Meets on the 1st Saturday of each month at 10:00 a.m.

## **ALACHUA COUNTY**

### **GAINESVILLE**

#### **Gainesville Parkinson's Support Group**

Contact: Amanda Fessenden, phone: 352-294-5434, email: [amanda.fessenden@neurology.ufl.edu](mailto:amanda.fessenden@neurology.ufl.edu)

Where: UF Center for Movement Disorders and Neurodegeneration, 3450 Hull Road, 3<sup>rd</sup> floor

When: 3<sup>rd</sup> Friday of each month, 12:30 – 2:30 p.m.

#### **Gainesville Young Onset Parkinson's Disease (YOPD)**

Contact: Amanda Fessenden, phone: 352-294-5434, email: [amanda.fessenden@neurology.ufl.edu](mailto:amanda.fessenden@neurology.ufl.edu)

Where: United Church of Gainesville; Seminar Room A, 1624 NW 5th Avenue, Gainesville FL 32603

When: 2nd Monday of each month, 6:30-8:00 p.m.

## **LEON COUNTY**

### **TALLAHASSEE**

#### **Tallahassee Parkinson Support Groups**

For Young Onset and Newly Diagnosed Patients

Contact: Monica Hubmann, Phone: 850-431-5082, Email: [hubmann-m@mail.tmh.org](mailto:hubmann-m@mail.tmh.org)

Where: Tallahassee Memorial Hospital, 4-North, Bryan Robinson Classroom, 1401 Centerville Road, Suite 504, Tallahassee, FL 32308

When: 2nd Thursday of each month at 6:00 p.m.

#### **POA Support Group**

Contact: Parkinson's Outreach Association at 850-364-0230 or by email at

[contact@theparkinsonsoutreach.org](mailto:contact@theparkinsonsoutreach.org)

Where: Parkinson's Outreach Association, 285 Pinewood Drive, Tallahassee, FL 32303

When: 4<sup>th</sup> Saturday of each month (except November and December) from 10 a.m.-12 p.m.

#### **Tallahassee Memorial Healthcare (TMH) Parkinson's Support Group**

Contact: For more information on the TMH Parkinson's Support Group, please call 850-431-5002

Where: Parkinson's Outreach Association, 285 Pinewood Drive, Tallahassee, FL 32303

When: 2<sup>nd</sup> Thursday of each month from 4:30 p.m.- 5:30 p.m.

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**Parkinson's Disease Wellness & Exercise Programs of Florida**

**Before attending a class for the first time, we recommend reaching out to the contact or facility to confirm schedule details.**

**BAY COUNTY**

**PANAMA CITY**

**Panama City Parkinson's Support Group**

Contact: Karen McGee at Senior Helpers of Panama City, Phone: (850) 215-1793

Where: Brookdale Assisted Living, 2575 Harrison, Panama City, FL 32405.

When: Meets on the second Tuesday of each month at 9:30 am

**WALTON COUNTY**

**SANTA ROSA BEACH**

**Somerby Senior Living and Sacred Heart Hospital**

Contact: For more information call 850-660-6037 or 850-278-3770

Where: Somerby Senior Living, 164, West Hewet Road, Santa Rosa Beach, FL 32459

When: 2<sup>nd</sup> Tuesday of the month from 9:30 a.m.- 10:30 a.m.

**ESCAMBIA COUNTY**

**PENSACOLA**

**West Florida Healthcare-Parkinson's Support Group**

Contact: For more information, please call (850) 494-6497.

Where: Rehabilitation Institute Community Rooms, 8391 N, Davis Highway, Pensacola, FL

When: 2<sup>nd</sup> Friday of every month from 1- 2 p.m.

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