



---

## Alabama Wellness Programs by County

---

*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](#).*

<p><a href="#"><u>Anniston</u></a></p> <p><a href="#"><u>Autauga</u></a></p> <p><a href="#"><u>Baldwin</u></a></p> <p><a href="#"><u>Birmingham</u></a></p> <p><a href="#"><u>Cullman</u></a></p> <p><a href="#"><u>Dale</u></a></p> <p><a href="#"><u>Etowah</u></a></p> <p><a href="#"><u>Huntsville</u></a></p>	<p><a href="#"><u>Lauderdale</u></a></p> <p><a href="#"><u>Lee</u></a></p> <p><a href="#"><u>Madison</u></a></p> <p><a href="#"><u>Mobile</u></a></p> <p><a href="#"><u>Montgomery</u></a></p> <p><a href="#"><u>Tuscaloosa</u></a></p>
--	---

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 [gulfcoast@parkinson.org](mailto:gulfcoast@parkinson.org).

August 2022



## Alabama Wellness Programs

*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.*

### ANNISTON

\*Pedaling for Parkinson's—YMCA of Calhoun County, Young Men's Christian Association aka YMCA of Calhoun County

**Location:** Anniston, AL

For more information contact Karen Fenn at [karenfenn@ymcacalhoun.org](mailto:karenfenn@ymcacalhoun.org).

Link to website [here](#).

### AUTAUGA

Rock Steady Boxing Prattville YMCA

**Location:** Prattville, AL 36067

**Fee:** Yes

For more information contact Laurinda Hammer-Krohmer at [lkrohmer@prattvilleymca.org](mailto:lkrohmer@prattvilleymca.org) or 334-361-0268.

Link to Website [here](#).

### BALDWIN

Rock Steady Boxing Eastern Shore

**Location:** Daphne AL, 36526 – *Meeting in-person.*

**Fee:** Yes

For more information contact Chris Wheelles, 251-509-3353 or email [chriswheelesla@yahoo.com](mailto:chriswheelesla@yahoo.com)

Link to Website [here](#).

Rock Steady Boxing Gulf Shores

**Location:** Gulf Shores, AL 36542 – *Meeting in-person.*

**Fee:** Yes

For more information contact Chris Wheelles, 251-509-3353 or email [chriswheelesla@yahoo.com](mailto:chriswheelesla@yahoo.com).

Link to Website [here](#).

### BIRMINGHAM

\*2023 Parkinson's Disease Symposium, Parkinson Association of Alabama, Inc.

**Location:** Birmingham, AL

For more information contact Bibby Bailey at [bibby@parkinsonalabama.org](mailto:bibby@parkinsonalabama.org).

Link to website [here](#).

Parkinson Association of Alabama, Inc

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

August 2022



## Alabama Wellness Programs

*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.*

*Improving the quality of life for patients, caregivers and families affected by Parkinson's Disease in the State of Alabama.*

**Location:** Birmingham, AL 35259

- **Parkinson Association of Alabama Patient Symposium**  
For more information, contact Bibby Bailey  
at [bibby@parkinsonalabama.org](mailto:bibby@parkinsonalabama.org) or (833) 473-5465
- **Parkinson's Dance Class – Meeting in-person**  
**Fee:** Yes

For more information, contact Lauren Edwards at [laurenme@uab.edu](mailto:laurenme@uab.edu) or (205) 996-1488.

## CULLMAN

### **Rock Steady Boxing Wiregrass**

**Location:** Dothan, AL 36301

**Fee:** Yes

For more information contact [wiregrass@rsbaffiliate.com](mailto:wiregrass@rsbaffiliate.com) or 334-712-3726.

## DALE

### **Rock Steady Boxing Health Actions Dothan**

**Location:** Dothan, AL 36301 – *Meeting in-person.*

**Fee:** Yes

For more information contact Angela Clark at 334-305-0222 or  
[aclark@healthactions.net](mailto:aclark@healthactions.net)

## ETOWAH

### **Rock Steady Boxing YMCA of the Coosa Valley**

**Location:** Gadsden, AL 35901 – *Meeting in-person.*

**Fee:** Yes

For more information contact LeRoy Falcon at 256-312-4947 or [lfalcon@ymcacoosa.org](mailto:lfalcon@ymcacoosa.org)

## HUNTSVILLE



## Alabama Wellness Programs

*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.*

### **\*"Outside the Pill Box: Integrated Interdisciplinary Allied Care" Huntsville Hospital Foundation, Inc.**

**Location:** Huntsville, AL

For more information, contact Kristi Kelly at [Kristi.kelly@hhsys.org](mailto:Kristi.kelly@hhsys.org).

Link to website [here](#).

### **Dance with PD**

*This mostly seated movement class welcomes the client with Parkinson's as well as a care partner/friend/ spouse.*

**Location:** Huntsville, AL 35805 – Meeting in-person

**Fee:** No

For more information, contact Carolyn Rhodes at 256-513-8292 or [Rocketcity@rsbaffiliate.com](mailto:Rocketcity@rsbaffiliate.com).

Link to website [here](#).

### **SPEAK OUT! (r) and LOUD Crowd(r)**

*Clients meet individually with speech pathologist and then join our LOUD Crowd(r) group for weekly maintenance.*

**Location:** Huntsville, AL 35805 – Meeting in-person and online

For more information, contact Anne McKinley at 256-513-8164 at [annemac1228@gmail.com](mailto:annemac1228@gmail.com).

Link to website [here](#).

### **Dance with Pd**

**Location:** Huntsville, AL 35805

**Fee:** No

For more information, contact Carolyn Rhodes at 256-513-8292 at [Rocketcity@rsbaffiliate.com](mailto:Rocketcity@rsbaffiliate.com).

Link to website [here](#).

## LAUDERDALE

### **Rock Steady Boxing Florence**

**Location:** Florence, AL 35630

For more information contact Gena Tsukashima at or 256-740-1263 or [florence@rsbaffiliate.com](mailto:florence@rsbaffiliate.com) or [ashkatemom@yahoo.com](mailto:ashkatemom@yahoo.com)

Link to Website [here](#).



## Alabama Wellness Programs

*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.*

### **Rock Steady Boxing YMCA of The Shoals**

**Location:** Florence, AL 35630 – *Meeting in-person.*

**Fee:** Yes

For more information contact [jingle@ymcashaols.org](mailto:jingle@ymcashaols.org) or 256-246-9622.

Link to Website [here.](#)

## LEE

### **Rock Steady Boxing Oyama Karate**

**Location:** Birmingham, AL 35209

**Fee:** Yes

For more information contact [oyamakarate@rsbaffiliate.com](mailto:oyamakarate@rsbaffiliate.com) or 205-879-4841.

Link to Website [here.](#)

## MADISON

### **Dance with PD**

**Location:** Huntsville, AL 35805 – *Meeting in-person.*

**Fee:** No

For more information contact Clarissa Sharpe at [Clarissasharp@icloud.com](mailto:Clarissasharp@icloud.com) or 256-513-8292.

Link to Website [here.](#)

### **Rock Steady Boxing Redstone Village**

**Location:** Huntsville, AL 35803 – *Meeting in-person.*

**Fee:** Yes

For more information contact [redstonevillage@rsbaffiliate.com](mailto:redstonevillage@rsbaffiliate.com) or 256-881-6717.

### **Rock Steady Boxing Rocket City**

**Location:** Huntsville, AL 35805 – *Meeting in-person.*

**Fee:** Yes

For more information contact Carolyn Rhodes at [rocketcity@rsbaffiliate.com](mailto:rocketcity@rsbaffiliate.com) or 256-513-8292.

Link to Website [here.](#)

### **SPEAK OUT! & LOUD Crowd!**

**Location:** Huntsville, AL 35805 – *Meeting in-person.*

**Fee:** No

For more information contact Anne McKinley at [annemac1228@gmail.com](mailto:annemac1228@gmail.com) or 256-513-8164.

Link to Website [here.](#)

*This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636)  
August 2022*



## Alabama Wellness Programs

*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.*

### **Urban Poling for Parkinson's**

**Location:** Huntsville, AL 35805 – *Meeting in-person.*

**Fee:** Yes

For more information contact Anne McKinley at [annemac1228@gmail.com](mailto:annemac1228@gmail.com) or 256-513-8164.

Link to Website [here](#).

## MOBILE

### **\*Rock Steady Boxing SAAD Healthcare**

*Rock Steady Boxing is dedicated to the fight against Parkinson's. Participants condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength.*

**Location:** Mobile, AL 36609 – *Meeting in-person*

**Fee:** Yes

For more information, contact Chris Addison, at 601-447-1717 or [chris.addison@SAADhealthcare.com](mailto:chris.addison@SAADhealthcare.com)

Link to Website [here](#).

## MONTGOMERY

### **Rock Steady Boxing Bell Road YMCA**

**Location:** Montgomery, AL 36117

**Fee:** Yes

For information contact Leigh Anne Richards at 334-271-4343 or [bellroad@rsbaffiliate.com](mailto:bellroad@rsbaffiliate.com)

Link to Website [here](#).

## PRATTVILLE

### **Rock Steady Boxing Prattville YMCA**

*Group fitness classes.*

**Location:** Prattville, AL 36067 – Meeting in-person

**Fee:** Yes

For more information contact Laurinda Hammer-Krohmer at 334-361-0268 or [lkrohmer@prattvilleymca.org](mailto:lkrohmer@prattvilleymca.org).



## Alabama Wellness Programs

*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.*

Link to website [here](#).

## TUSCALOOSA

### **Rock Steady Title Town**

**Location:** Tuscaloosa, AL 35401– *Meeting in-person*

**Fee:** Yes

For more information contact Riley McWaters [mchwaters@ymcatusc.org](mailto:mcwaters@ymcatusc.org) or 205-345-9622.na