



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](#).*

<u>Anniston</u>	<u>Jefferson</u>
<u>Autauga</u>	<u>Lauderdale</u>
<u>Baldwin</u>	<u>Madison</u>
<u>Birmingham</u>	<u>Mobile</u>
<u>Cullman</u>	<u>Montgomery</u>
<u>Etowah</u>	<u>Prattville</u>
<u>Homewood</u>	<u>Tuscaloosa</u>
<u>Huntsville</u>	

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.

April 2023



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

Rocky Steady Boxing Calhoun County YMCA [Updated April 2023]

Licensed Rock Steady Boxing class to promote the health and well-being of persons with Parkinson's Disease through exercise and comradery.

Location: Anniston, AL 36201 – *Meeting in-person*

Fee: Yes

For more information contact Louise Lockridge at 256-238-9622 or

louiselockridge@ymcocalhoun.org

Link to website [here](#).

AUTAUGA

Rock Steady Boxing Prattville YMCA [Updated March 2023]

Location: Prattville, AL 36067

Fee: Yes

For more information contact Laurinda Hammer-Krohmer at or

lkrohmer@prattvilleymca.org or 334-361-0268

Link to Website [here](#).

BALDWIN

Rock Steady Boxing Eastern Shore [Updated March 2023]

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

Fee: Yes

For more information contact Chris Wheeles, 251-509-3353 or email

chriswheelesla@yahoo.com

Link to Website [here](#).



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***Fight the Fall! -- Fighting Back against Parkinson's with Rock Steady Boxing, Rock Steady Boxing Gulf Shores** (updated August 2023)

Rock Steady Boxing is the place for people with Parkinson's Disease to regain confidence and strength and work toward a more independent and fulfilling lifestyle, all in a fun and supportive environment. Working out with people with a shared condition and goal while learning and participating in functional exercises in a group environment are just two of the many ways this class changes lives for Parkinson's patients for the better. Rock Steady is the only exercise facility in Baldwin County that addresses specific needs of Parkinson's patients. The latest statistics show that Baldwin County has twice the rate of people with Parkinson's than the rate of the state of Alabama. Fight the Fall! will address those concerns of fears of falling, and it will help give people with Parkinson's the tools they need to aid in growing strength and balance.

Location: Gulf Shores, AL

Fee: None

For more information, contact Chris Wheelles at chriswheelesla@yahoo.com.

Link to Website [here](#).

BIRMINGHAM

***UAB Arts in Medicine Creative Arts for Parkinson's, University of Alabama at Birmingham** (updated August 2023)

UAB Arts in Medicine (AIM) is offering multiple opportunities for people with Parkinson's Disease and care partners to engage the health of their mind, body, and spirit over the next year. Classes and social meetings are free.

Location: Birmingham, AL – Meeting in-person and online

Fee: None

For more information, contact Savannah Derieux at sderieux@uab.edu.

Link to Website [here](#).

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

Location: Birmingham, AL

For more information contact Bibby Bailey at bibby@parkinsonalabama.org.

Link to website [here](#).

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

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Parkinson Association of Alabama, Inc

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 or 833-473-5465

CULLMAN

Rock Steady Boxing Wiregrass [Updated March 2023]

Location: Dothan, AL 36301

Fee: Yes

For more information contact wiregrass@rsbaffiliate.com or 334-712-3726.

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

HOMEWOOD

Movement for PD

Location: Homewood, AL 35209 – *Meeting in-person*

Fee: Yes (scholarships may be available)

For more information, contact Lauren Edwards at 205-996-1488 or laurenme@uab.edu.



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HUNTSVILLE

Dance with Parkinson's [Updated June 2023]

This mostly seated movement class welcomes the client with Parkinson's as well as a care partner/friend/ spouse. This is a joyful class beginning in our chairs. Please wear comfortable clothes, socks, and shoes.

Location: Huntsville, AL 35805 – Meeting in-person

Fee: No

For more information, contact Clarissa Sharp at 256-426-9209 or email

Clarissasharp@icloud.com.

Link to website [here](#).

****"Outside the Pill Box": Integrated, Interdisciplinary Allied Care, Huntsville**

Hospital Foundation Inc. (updated August 2023)

The Parkinson's Care Clinic (PCC) is proud to serve the North Alabama Parkinson's community with "outside the pill box" interdisciplinary care for persons with Parkinson's Disease and their care teams. Huntsville Hospital serves as the regional referral center for a service area of more than 1.3 million people across 14 counties, regardless of their ability to pay. The region is 57% LMI and many live in isolated, underserved, rural areas. Our mission is to provide the highest quality interdisciplinary care in the most efficient manner, one person at a time. Our cornerstone clinical services include a half-day "Outside the Pill Box" interdisciplinary clinic (IDC) and follow up interdisciplinary care meeting. Offered locally and across North Alabama, both services feature physical therapy, occupational therapy, speech therapy, dietary, exercise physiology and social services with care coordination by our highly trained staff. In multiple locations we provide specialized rehab services for people with PD featuring equipment designed for people with PD, as well as individual and group exercise, and in person and virtual group voice training. Previously non-existent, our mobile clinics provide interdisciplinary clinics in more rural, isolated areas.

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

Fee: None

For more information, contact Erin Edmundson at erin.edmundson@hhsys.org.

Link to Website [here](#).



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Parkinson's Care Clinic: Speak OUT (R) and LOUD Crowd (R) [Updated April 2023]

Available in 2 locations, the participant meets with a certified speech-language pathologist and continues weekly maintenance for voice and communication in a LOUD Crowd (R) group.

Location: Huntsville, AL 35805 – Meeting online

Fee: No

For more information, contact Ashton Brown at 256-265-7101 or email

ashton.brown@hhsys.org.

Link to website [here](#).

Parkinson's Care Clinic: Support for Carepartners [Updated March 2023]

Focus groups and Events specifically for carepartners of people with Parkinson's Disease.

Location: Huntsville, AL

For more information, contact Erin Edmundson at erin.edmundson@hhsys.org or 256-265-7101

Parkinson's Care Clinic: Support for Women with Parkinson's [Updated March 2023]

Focus Groups and Events specifically for women with Parkinson's Disease.

Location: Huntsville, AL

For more information, contact Adrienne Cummings at adrienne.cummings@hhsys.org or 256-265-7101

Parkinson's Care Clinic: Speak OUT (R) and LOUD Crowd (R) [Updated March 2023]

Available in 2 locations, the participant meets with a certified speech-language pathologist and continues weekly maintenance for voice and communication in a LOUD Crowd (R) group.

Location: Huntsville, AL 35805 – Meeting online

Fee: No

For more information, contact Ashton Brown at 256-265-7101 or email

ashton.brown@hhsys.org.



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SPEAK OUT!(R) and the LOUD Crowd (R) Huntsville-Madison County Senior Center [Updated March 2023]

We are pleased to offer SPEAK OUT!® followed by The Loud Crowd®, a two-part speech therapy program to help individuals with Parkinson's regain and maintain effective communication and a safe swallow.

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

Fee: Yes

For more information contact Anne McKinley, M.Ed., CCC/SLP at annemac1228@gmail.com or 256-513-8164.

Link to Website [here](#).

Urban Poling for Parkinson's [Updated March 2023]

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

Fee: Yes

For more information contact Anne McKinley, M.Ed., CCC/SLP at annemac1228@gmail.com or 256-513-8164.

Link to Website [here](#).

JEFFERSON

Movement for PD [Updated February 2023]

Location: Homewood, AL 35209 – *Meeting in-person.*

Fee: Yes, but scholarships offered

For more information contact Lauren Edwards at 205-996-1488 or email laurenme@uab.edu.

Rock Steady Boxing Oyama Karate [Updated March 2023]

Location: Homewood, AL 35209

Fee: Yes

For more information contact oyamakarate@rsbaffiliate.com or 205-879-4841.

Link to Website [here](#).

LAUDERDALE

Rock Steady Boxing YMCA of The Shoals [Updated February 2023]

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

Fee: Yes

For more information contact jingle@ymcashaols.org or 256-246-9622.

Link to Website [here](#).

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MADISON

Parkinson's Care Clinic: Speak OUT (R) and LOUD Crowd (R) [Updated April 2023]

Available in 2 locations, the participant meets with a certified speech-language pathologist and continues weekly maintenance for voice and communication in a LOUD Crowd (R) group.

Location: Huntsville, AL 35805 – Meeting in-person

Fee: No

For more information contact Katelyn Meadows at katelyn.meadows@hhsys.org or 256-817-5599.

Link to Website [here](#).

MOBILE

Rock Steady Boxing SAAD Healthcare [Updated March 2023]

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 Rachel Poole, at 251-287-8946 or rachel.poole@saadhealth.com

Link to Website [here](#).

MONTGOMERY

Rock Steady Boxing Bell Road YMCA [Updated March 2023]

Location: Montgomery, AL 36117 – Meeting in-person

Fee: Yes

For information contact Leigh Anne Richards at 334-271-4343

Link to Website [here](#).



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PRATTVILLE

Rock Steady Boxing Prattville YMCA [Updated February 2023]

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.

Link to website [here](#).

TUSCALOOSA

Rock Steady Title Town [Updated February 2023]

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

Fee: Yes

For more information contact Riley McWaters rmcwaters@ymcatusc.org or 205-345-9622.