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## Arizona Wellness Programs

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*We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.*

*\*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

**[Anthem](#)**

**[Green Valley](#)**

**[Mesa](#)**

**[Phoenix](#)**

**[Prescott](#)**

**[Scottsdale](#)**

**[Sun City](#)**

**[Sun Lakes](#)**

**[Tucson](#)**



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.

## ANTHEM

### **PWR!Moves** (updated April 2023)

*PWR!Moves (Parkinson's Wellness Recovery) is a group fitness class that focuses on slowing disease progression, improving symptoms, restoring function, and increasing longevity and quality of life.*

**Location:** Anthem, AZ 85086 – Meeting in-person

**Fee:** Yes

For more information, contact Denise Stansberry at 623-570-1011 or

[Stayhealthyandhappy@msn.com](mailto:Stayhealthyandhappy@msn.com)

Link to Website [here](#).

## GREEN VALLEY

### **Safety and Health in Motion Stay Vertical, Valley Assistance Services** (updated May 2023)

**Location:** Green Valley, AZ 85614

For more information, contact Case Manage at 520-625-5966 ext. 300 or

[info@valleyassistanceservices.org](mailto:info@valleyassistanceservices.org)

Link to website [here](#).

## MESA

### **Tremble Clefs Arizona** (updated May 2023)

*We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom. This group meets from November through the end of March.*

**SEE YOU IN NOVEMBER!**

**Location:** Venture Out RV Resort | Mesa, AZ 85205 – Meeting in-person

**Fee:** Yes

For more information, contact Chris Volz at [volz.christine@yahoo.com](mailto:volz.christine@yahoo.com)

Link to website [here](#).



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## PHOENIX

**\*Banner Neuro Wellness (BNW) Center, Banner Health Foundation** (updated August 2023)  
*In addition to building friendships with fellow people with Parkinson's (PWP), BNW offers members a variety of exercise and wellness programs including, but not limited to, dance classes, enrichment programs, support groups, social work services, physical therapy, and non-medical respite services. Members find a sense of community, new opportunities for socialization, and an enhanced quality of life. BNW is continually striving to serve individuals from diverse and underserved communities including individuals facing financial challenges, and never turns anyone away due to an inability to pay. To increase access to BNW for all who want to utilize its services—especially individuals from diverse and underserved communities—scholarships will be available to the Wellness Center for PWP, as well as safe, reliable, and free transportation to and from BNW, which will in turn help reduce caregiver burden.*

**Location:** Phoenix, AZ – Meeting in-person and online

**Fee:** \$50 assessment fee, \$65 monthly fee, scholarships available

For more information, contact Loren Bouchard at [loren.bouchard@bannerhealth.com](mailto:loren.bouchard@bannerhealth.com).

Link to Website [here](#).

**Healthy Mind/Healthy Body Program: Join your Self-Care Party! for the Hispanic Community (Unete a la Fiesta de tu Autocuidado) Self-Care, Mind and Body Program with Argentine Tango, Nutrition in the Kitchen and Mindfulness/Stress Management Practices,**

**Location:** Barrow Neurological Institute - St. Joseph Med. Ctr., Phoenix, AZ

For more information contact Claudia Martinez at [Claudia.martinez001@dignityhealth.org](mailto:Claudia.martinez001@dignityhealth.org)

Link to website [here](#).

**Join the Parkinson's Party! for the Hispanic Community (Unite a la Fiesta de Parkinson) - Self-Care, Mind and Body Approach using Argentine Tango, Nutrition in the Kitchen and Mindfulness/Stress Management Practices, Barrow Neurological Institute -**

**Location:** Phoenix, AZ

For more information, contact Debbie Polisky at [debbiepolisky@nutritiontango.com](mailto:debbiepolisky@nutritiontango.com)

Link to website [here](#).

## PRESCOTT

**Prescott YMCA Parkinson's Classes** (updated April 2023)

**Location:** Prescott YMCA of Yavapai County, Prescott, AZ

For more information contact Marsha Hollaway at [marsha.hollaway@prescottymca.org](mailto:marsha.hollaway@prescottymca.org)

Link to website [here](#).

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

August 2023



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## SCOTTSDALE

### **Tremble Clefs Arizona** (updated May 2023)

*We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom.*

**Location:** Scottsdale, AZ 85257 – Meeting in-person

**Fee:** Yes

For more information, contact Don Dotts at [DonDotts@aol.com](mailto:DonDotts@aol.com).

Link to website [here](#).

### **Movement Disorders Foundation of Arizona** (updated January 2024)

*A non-profit foundation offering quarterly educational seminars, Deep Brain Stimulation classes and weekly boxing classes.*

**Location:** Fountain Hills, AZ – Meeting in-person and online

**Fee:** Free

For more information, contact Lynette Benham at 480-403-4635 or [director@mdfa.us](mailto:director@mdfa.us)

Link to website [here](#).

## SUN CITY

### **Tremble Clefs Arizona** (updated May 2023)

*We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom.*

**Location:** Sun City, AZ 85351 – Meeting in-person at Shepherd of the Desert Evangelical Lutheran Church

**Fee:** Yes

For more information, contact Ray Erlandsen at [rjaz68@gmail.com](mailto:rjaz68@gmail.com).

Link to website [here](#).

## SUN LAKES

### **Tremble Clefs Arizona** (updated May 2023)

*We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom. It is planned that as the group grows, the meetings will change to once a week.*

**Location:** Sun Lakes, AZ 85248 – Meeting in-person at Sun Lakes United Methodist Church

**Fee:** Yes

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August 2023



*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.*

For more information, contact Carolyn Perkins [carolyn.perkins77@gmail.com](mailto:carolyn.perkins77@gmail.com)  
Link to website [here](#).

## TUCSON

### **PWR!Connect: A pilot Parkinson-specific exercise program to support the Hispanic population in Tucson, Arizona, NeuroFit Networks Inc** *(updated May 2023)*

**Location:** Tucson, AZ

For more information contact Catherine Printz at [Catherine@pwr4life.org](mailto:Catherine@pwr4life.org).  
Link to website [here](#).

### **\*Tucson JCC Parkinson's Wellness Program, Tucson Jewish Community Center** *(updated August 2023)*

*The Tucson JCC Parkinson's Wellness Program is a flexible year-round program designed to provide exercise classes to people living with PD to improve PD symptoms and overall quality of life. In keeping with the JCC's mission to serve both the Jewish and greater Tucson community, the program is open to individuals with PD regardless of background or identity. Upon enrollment, each participant meets with an experienced JCC PD Trainer for an initial hour-long meeting, which will include completion of a health form, an initial assessment using the PD-specific protocols for the BIODEX Balance System SD, and other individual exercises determined appropriate by the PD Trainer to gauge participant ability.*

**Location:** Tucson, AZ – Meeting in-person

**Fee:** \$60 per month

For more information, contact Amy Dowe at [adowe@tucsonjcc.org](mailto:adowe@tucsonjcc.org).  
Link to website [here](#).