



Arizona 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](#).*

[Anthem](#)

[Green Valley](#)

[Phoenix](#)

[Prescott](#)

[Tempe](#)

[Tucson](#)

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 southwest@parkinson.org.

August 2022



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

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 Online

Fee: Yes

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

Stayhealthyandhappy@msn.com.

Link to Website [here](#).

GREEN VALLEY

Safety and Health in Motion Stay Vertical, Valley Assistance Services

Location: Green Valley, AZ

For more information, contact Ericksonc.erickson@valleyassistanceservices.org

Link to website [here](#).

PHOENIX

***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.

Link to website [here](#).

Pilot Program - Mental Health and Parkinson's - A Guide for PWP's, Spouses and Care Partners, Banner Health Foundation

Location: Phoenix, AZ

For more information, contact Melinda Peterson-Theobald at [melinda.peterson-](mailto:melinda.peterson-theobald@bannerhealth.com)

[theobald@bannerhealth.com](mailto:melinda.peterson-theobald@bannerhealth.com)

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

Link to website [here](#).



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PRESCOTT

***Prescott YMCA Parkinson's Classes**

Location: Prescott YMCA of Yavapai County, Prescott, AZ

For more information contact Marsha Hollaway at marsha.hollaway@prescottymca.org

Link to website [here.](#)

TEMPE

Tremble Clefs Arizona

Location: Tempe, AZ

For more information, contact Sunjoo Lee at soli96@hotmail.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**

Location: Tucson, AZ

For more information contact Catherine Printz at Catherine@pwr4life.org.

Link to website [here.](#)

***Tucson JCC Parkinson's Wellness Program**

Location: Tucson Jewish Community Center, Tucson, AZ

For more information contact Amy Dowe at adowe@tucsonjcc.org,

Link to website [here.](#)