



Arkansas 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](#).*

FAYETTE

***Beating Parkinson's Together, Washington Regional Medical Foundation**

Location: Fayetteville, AR

For more information contact Sara Eichmann at seichmann@wregional.com.

Link to website [here](#).

FORT SMITH

***Support + High Intensity Functional Training for People with Parkinson's & care partners (SHIFT-PD)- Fort Smith, Arkansas Colleges of Health Education**, *Group-based exercise classes and support group meetings for people with Parkinson's and their care partners. Care partners are strongly encouraged to actively participate in both. Exercise classes are varied and include non-contact boxing, cycling, weight-lifting, jump roping, speed and agility training.*

Location: Fort Smith, AR

For more information, contact Reed Handlery at reed.handlery@acheedu.org.

Link to website [here](#).

PULASKI

Community Fitness PWR!Moves Program, University of Arkansas Medical Science

Location: Little Rock, AR 72205

For more information, contact Christopher Oholendt, Rehab Program Manager, UAMS Outpatient PT/OT at ckoholendt@uams.edu or 501-686-6353.

Link to Website [here](#).

SILOAM SPRINGS

Parkinson's Exercise Program, Holly Street Physical Therapy

Location: Siloam Springs, AR, 72761

For more information, contact Holly Smith at hsmith280@gmail.com or 479.524.8028.

Link to Website [here](#).

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 southcentral@parkinson.org.

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