



Dakotas Wellness Programs

We do our best to maintain a current list, but we advise that you email or call 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](#).*

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| <p><u>Bismarck</u></p> <p><u>Dickinson</u></p> <p><u>Fargo</u></p> | <p><u>Mandan</u></p> <p><u>Minot</u></p> <p><u>Rapid City</u></p> <p><u>Sioux Falls</u></p> |
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If you would like to be added to this list, or if the details of your program need to be updated, please contact us by emailing minnesotadakotas@parkinson.org.

August 2022



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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.

BISMARCK

Aging Gracefully, Northern Plains Dance

This dance class allows participants to experience the joys and benefits of dance while creatively addressing concerns related to balance, cognition, motor skills, and physical confidence.

Location: Bismarck, ND 58504 – Meeting in-person.

For more information, contact Katherine Hardy at 701-530-0986 or dance@northernplainsdance.org

Link to Website [here](#).

Exercise for Life, Touchmark

Health club tailored to the fitness experience of active aging adults.

Location: Bismarck, ND 58503

For more information, contact 701-352-6569 or 701-323-7020

Link to Website [here](#).

Parkinson's Group Exercise, Missouri Valley Family YMCA

PWR! Moves is a Parkinson's Disease (PD)-specific group exercise program that helps to teach you how to move bigger and faster in everyday life to counteract PD symptoms. As you learn these PD-specific skills and techniques, you will be challenged physically and cognitively, to do more than you ever thought you could in a fun, supportive and effective group fitness environment. We also rotate between aqua aerobics, Tai Chi, Nordic walking, cardio dance, chair yoga, and an intense skill-based circuit class.

Location: Bismarck, ND 58501 – Meeting in-person.

For more information, contact McKaela Halvorson or mckaela.halvorson@bismarckymca.org 701-751-9721

Link to Website [here](#).

DICKINSON

Parkinson's Exercise Class, Southwest Parkinson's Support Group

Location: Dickinson, ND

For more information, contact Rebecca Lutz at rlutzy1@gmail.com.

FARGO

LOUD Crowd, Sanford Health (need to have completed LSVT Loud or SPEAK OUT!)

Weekly FREE class to complete voice, speech, swallowing, and cognitive exercises for individuals who have completed the LSVT LOUD or SPEAK OUT programs.

Location: Fargo, ND – Meeting in-person

For more information, contact Heidi Fiskness at heidi.fiskness@sanfordhealth.org

Or call the office at 701-417-4085

***Movement Disorders Team Patient-Centered Programs, Sanford Medical Center Fargo**

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

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Location: Fargo, ND

For more information, contact Asenath Huether at asenath.huether@sanfordhealth.org

Link to website [here](#).

Offsite - Parkinson's Performance Boxing, TNT Kid's Fitness & Gymnastics

Parkinson's Performance Boxing gives individuals diagnosed with the disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.

Location: Fargo, ND 59103 – Meeting in-person.

For more information, contact Jake Haile at jake@tntkidsfitness.org or 701-551-5011

Link to Website [here](#).

Standing T'ai Chi Chih – Heart Springs Center

T'ai Chi Chih is a movement form composed of 19 movements bringing relaxation AND re-energization! It is taught by a physical therapist.

Location: Fargo, ND 58102 – Meeting in-person and online

Fee: Yes

For more information, contact Jan Nelson at 701-261-3142 or heartsspringsed@gmail.com.

Link to Website [here](#).

MANDAN

Rock Steady Boxing, Family Wellness Bis-Man, Family Wellness Bismarck Mandan LLC

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Mandan, ND 58554 – Meeting in-person.

For more information, contact Taija Bohn taija.bohn@familywellnessbisman.org or 701-751-9804

Fee: No

Link to Website [here](#).

Express Yourself: Coping with PD Support Group, Innovative Therapy Solutions & Consulting LLC

Location: Mandan, ND

For more information, contact Megan Dooley at megan.dooley@innovativetherapysc.com

Link to website [here](#).

MINOT

Minot Family YMCA, Delay the Disease Classes

Location: Minot, ND 58701 – Meeting in-person.

For more information, contact Tanya Gillen tanya.gillen@trinityhealth.org or 701-857-2950

Link to Website [here](#)

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Shakin' Parkinson's Up Minot Support Grp

Promote education and encourage awareness through events and peer support in a safe environment for everyone affected by Parkinson's disease.

Location: Minot, ND 58703 – Meeting in-person

For more information, contact Holly Jacobs at 850-758-7006 or parkiediva701@gmail.com

Link to website [here](#).

RAPID CITY

YMCA of Rapid City - Parkinson's Disease Courses, YMCA of Rapid City

Location: Rapid City, SD 57701 – Meeting in-person

For more information, contact Alyssa Silko at 605-718-9622 or alyssas@rcymca.org

Fee: No

Link to Website [here](#).

SIOUX FALLS

***Living Well with Parkinson's Disease, Avera McKennan Hospital & University Health Center**

Location: Sioux Falls, SD

For more information, contact Matt Leedom at matt.leedom@avera.org

Link to website [here](#).