



---

## Florida 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. This list is not an endorsement or recommendation of a specific resource or service.*

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

|                                     |  |
|-------------------------------------|--|
| <a href="#"><u>Alachua</u></a>      | <a href="#"><u>Martin</u></a>                |
| <a href="#"><u>Bay</u></a>          | <a href="#"><u>Miami Dade</u></a>            |
| <a href="#"><u>Brevard</u></a>      | <a href="#"><u>Monroe</u></a>                |
| <a href="#"><u>Broward</u></a>      | <a href="#"><u>Nassau</u></a>                |
| <a href="#"><u>Clay</u></a>         | <a href="#"><u>Orange</u></a>                |
| <a href="#"><u>Collier</u></a>      | <a href="#"><u>Palm Beach</u></a>            |
| <a href="#"><u>Duval</u></a>        | <a href="#"><u>Pinellas</u></a>              |
| <a href="#"><u>Hillsborough</u></a> | <a href="#"><u>Polk</u></a>                  |
| <a href="#"><u>Highlands</u></a>    | <a href="#"><u>Sarasota</u></a>              |
| <a href="#"><u>Indian River</u></a> | <a href="#"><u>St. Johns</u></a>             |
| <a href="#"><u>Lee</u></a>          | <a href="#"><u>Sumter (The Villages)</u></a> |
| <a href="#"><u>Leon</u></a>         | <a href="#"><u>Volusia</u></a>               |
| <a href="#"><u>Manatee</u></a>      |  |

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 [florida@parkinson.org](mailto:florida@parkinson.org).

March 2024



## Florida 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.

### ALACHUA

#### GAINESVILLE

##### **Parkinson's Disease Outreach Program to African Americans in Alachua County, University of Florida**

**Location:** Gainesville, FL

For more information, contact Irene Malaty at [irene.malaty@neurology.ufl.edu](mailto:irene.malaty@neurology.ufl.edu)

Link to website [here](#).

##### **Speak Up Virtual Speech Therapy LLC**

**Location:** Gainesville, FL 32608 – Meeting Online

For more information, contact Emily Herndon, MA, CCC-SLP at

[emily@speakupvirtualspeechtherapy.com](mailto:emily@speakupvirtualspeechtherapy.com) or call (352)-562-3618.

##### **\*Therapeutic Horticulture for Parkinson's Care Partners, University of Florida** (updated August 2023)

*Wilmot Botanical Garden's Therapeutic Horticulture for Parkinson's Care Partners invites care partners of individuals with Parkinson's disease and the patient to engage in structured horticultural activities that introduce and incorporate wellness to improve overall wellbeing.*

**Location:** Gainesville, FL – Meeting in-person

**Fee:** None

For more information, contact Elizabeth Diehl at [leahdiehl@ufl.edu](mailto:leahdiehl@ufl.edu).

Link to Website [here](#).

### BAY

#### PANAMA CITY

##### **Dancing for Parkinson's**

*Lead instructors: Austin Evans, Jay Holmes*

**Location:** Panama City, FL 32401

**Fee:** No

For more information, contact (850) 215-4453.



## Florida 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.

### BREVARD

#### MELBOURNE

##### **Rock Steady Boxing at Advance Fitness** (updated November 2023)

**Location:** Melbourne, FL 32935

**Fee:** Yes

For more information, contact Janie Moia at 321-693-9246 or [advancefitness@rsbaffiliate.com](mailto:advancefitness@rsbaffiliate.com).

Link to website [here](#).

### BROWARD

#### DAVIE

##### **Wellness and Exercise Programs for People with Parkinson's Disease (PD), Community Centers of South Broward Inc**

**Location:** Davie, FL

For more information, contact Beverly Bachrach at [bbachrach@dpjcc.org](mailto:bbachrach@dpjcc.org)

Link to website [here](#).

##### **Dance for PD**

*CarePartners are welcome to attend. Lead teacher: Carol Kaminsky*

**Location:** Davie, FL 33328

**Fee:** No

For more information, contact Audrey at [awood@parkinson.org](mailto:awood@parkinson.org) or call 954-434-0499.

#### FORT LAUDERDALE

##### **Mind & Mobility- PWR! MOVES – PARKINSON'S WELLNESS RECOVERY**

**Location:** Fort Lauderdale, FL 33306

For more information, contact Mind & Mobility at 954-630-3131.

##### **Broward Hospital**

*North Broward Hospital offers No Tai Chi classes to those living with Parkinson's.*

**Location:** Fort Lauderdale, FL 33316

For more information, contact Cara Boyarin at 954-712-6878 or [cboyarin@browardhealth.org](mailto:cboyarin@browardhealth.org).



## Florida 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.*

### **PD Exercise Group- Circuit Class**

*Target challenges and focus on high level activities, divided in circuits using PWR! Moves and LSVT BIG|. Pre-requisite: no need of assistive device*

**Location:** Fort Lauderdale, FL 33308-5208 – Meeting in-person

**Fee:** Yes

For more information, contact Lenny Carneiro at 954-245-4798 or email [lenny@doctorphysiotw.com](mailto:lenny@doctorphysiotw.com).

Link to Website [here](#).

### **PD Speech Therapy/Support Group**

**Location:** Ft. Lauderdale, FL 33314

**Fee:** No

For more information, contact Lea Kaploun, MS, CCC-SLP at (954) 262-7707.

### **PD360, Broward Health**

**Location:** Fort Lauderdale, FL

For more information, contact [pasanchez@browardhealth.org](mailto:pasanchez@browardhealth.org).

Link to Website [here](#).

### **Parkinson's Disease Exercise Group**

*All PD Exercise Group members must first be determined to be appropriate and eligible for the Group. First, call the PT/OT Clinic at Ziff Health Care Clinic @ (954) 262-4149 to schedule a one-on-one evaluation. If appropriate, one then must obtain a PT prescription from his/her neurologist or other physician. Once these steps are complete, one is No to join the Group.*

**Location:** Ft. Lauderdale, FL 33314

**Fee:** Yes

For more information, contact Crystal Marriot or Steve Pfister, DPT at (954) 262-4149.

## **HOLLYWOOD**

### **Memorial Healthcare System**

*Offers several classes including Boxing, Dance & Exercise at two locations.*

**Locations:**

- Memorial Regional Hospital Fitness Center - Hollywood, FL 33021
- Memorial Hospital West Fitness Center - Pembroke Pines, FL 33028

For more information, contact Rob Herzog at 954-844-9800.

### **Parkinson's Wellness Program, Memorial Foundation, Inc of MHS-Hollywood, FL**

**Location:** Hollywood, FL 33021 – Meeting Online

For more information, contact Tony Vempala at [avempala@mhs.net](mailto:avempala@mhs.net).

Link to website [here](#).



## Florida 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.

### PLANTATION

#### **Florida Movement Therapy Center-Plantation**

**Location:** Plantation, FL 33322

**Fee:** Yes

For more information, contact Florida Movement Therapy Centers at 954-900-2594.

Link to Website [here](#).

### CLAY

### FLEMING ISLAND

#### **GZ Sobol Parkinson's Network Fleming Island**

**Location:** Fleming Island, FL 32003

For more information, contact J.J. Ryan at [jjryan@bellsouth.net](mailto:jjryan@bellsouth.net) or Tom Dosrky at

[tomdorsky@hotmail.com](mailto:tomdorsky@hotmail.com).

### COLLIER

### MARCO ISLAND

#### **Expansion of Parkinson's Disease Exercise Programming with Pedaling for Parkinson's and Stretch and Connect, YMCA of South Collier**

**Location:** Marco Island, FL

For more information contact Steve Lampar at [grants@marcoy.org](mailto:grants@marcoy.org)

Link to website [here](#).

#### **\*YMCA of Collier County Rock Steady Boxing, YMCA of Collier County** *(updated August 2023)*

*As part of the YMCA of Collier County mission, we aim to provide opportunities for individuals to strengthen their spirit, mind, and body. This mindset has been implemented in our Parkinson's programs. - Pedaling and Rock Steady Boxing classes promote exercise by targeting, balance, core strength, flexibility, posture, and gait. - Stretch and connect classes influence flexibility and promote socialization. - SmartFit - Promotes physical mobility and cognitive function. - Support group - Through shared experience, able to offer support, encouragement, and comfort to those who suffer from Parkinson's, caregivers, and their families.*

**Location:** Marco Island, FL

**Fee:** \$15, Community Grant covers cost

For more information, contact Steve Lampar at [grants@marcoy.org](mailto:grants@marcoy.org).

Link to Website [here](#).



## Florida 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.*

### NAPLES

#### **Movement, Speech, Improvisation – Classes for Parkinson's**

*Parkinson's Association of Southwest FL, serving Naples, Marco Island, and Bonita Springs.*

**Location:** Naples, FL 34119

For more information, contact (239) 417-3465 or [Office@ParkinsonAssociationSWFL.ORG](mailto:Office@ParkinsonAssociationSWFL.ORG) .

Link to Website [here](#).

#### **Parkinson's Dance**

*Ballet, jazz, improvisation, and partner dancing.*

**Location:** Naples, FL 34102

For more information, contact Isabel at (239) 297-2352.

### DUVAL

### JACKSONVILLE

#### **Brook's Rehabilitation Adaptive Wellness**

*An individualized exercise program will be developed following an evaluation with a Brooks physical therapist. Participant and staff will create personal goals that can be achieved through supervised exercise hosted at local YMCA.*

**Location:** Jacksonville, FL 32216 – Meeting in-person

**Fee:** Yes

For more information, contact Melina Loving at (904) 451-3580 or

[AdaptiveWellness@BrooksRehab.org](mailto:AdaptiveWellness@BrooksRehab.org).

Link to Website [here](#).

#### **Dance for Life – Parkinson's Dance Class**

**Location:** Jacksonville, FL 32211

For more information, contact Cari Freiberger at 904-256-7398 or [ccoble@JU.edu](mailto:ccoble@JU.edu).

#### **UF Health Jacksonville Parkinson's Disease** *(updated March 2024)*

**Location:** Jacksonville, FL 32218 (in-person)

**Fee:** No.

For more information, contact Mimi Keith at (904) 244-9816 or [maranasue.keith@jax.ufl.edu](mailto:maranasue.keith@jax.ufl.edu).

#### **Tai Chi Brooks Family YMCA Jacksonville**

**Location:** Jacksonville, FL 32256

For more information, contact 304-345-6812.



## Florida 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.

### **\*The PD-MEET (Parkinson's Disease Movement Education and Exercise Therapy) program at University of North Florida, University of North Florida** (updated August 2023)

Our goal is to offer a free of cost exercise therapy program for people with PD in the Jacksonville community to improve their physical and mental health. The pd-MEET (Movement Education and Exercise Therapy) program is an 8-week evidence-based exercise therapy program consistent with the current recommendations for exercise for people with PD. The pd-MEET program will be delivered partly as a group exercise session and partly as a supervised home exercise program and designed by an experienced team of researchers, and physical therapists with expertise in exercise prescription for people with PD. The PD-MEET program will also include educational sessions and conduct a needs assessment in other areas of health to support expansion of the current program and meet the integrated health needs of people with PD in the future.

**Location:** Jacksonville, FL – Meeting in-person

**Fee:** None

For more information, contact Chitra Balasubramanian at [c.k-balasubramanian@unf.edu](mailto:c.k-balasubramanian@unf.edu) or [PDMeet@unf.edu](mailto:PDMeet@unf.edu).

Link to Website [here](#).

### **Jax Hope Inc.**

*Jax Hope, Inc. offers Tai Chi and Rock Steady Boxing*

**Location:** Meeting Online

**Fee:** Yes

For more information, contact Kristen Gray, Phone: 904-321-9505 or [kristen@jaxhopeinc.org](mailto:kristen@jaxhopeinc.org)

Link to Website [here](#).

### **FightFit for PD**

**Location:** Jacksonville, FL 32207

For more information, contact Jason Watson at 904-636-0092.

## HILLSBOROUGH

### SEFFNER

### **Pedaling for Parkinson's - YMCA**

**Location:** Seffner, FL 33584

**Fee:** No (free for 8 weeks)

For more information, contact Jen Barber at 813-685-5402 or [jen.barber@tampaymca.org](mailto:jen.barber@tampaymca.org).

Link to Website [here](#).

### TAMPA

### **Tampa Bay Parkinson's Disease Wellness Initiative, Tampa JCC/Federation Inc.**

**Location:** Tampa, FL

For more information, contact Pnina Levermore at [Pnina.levermore@jewishtampa.com](mailto:Pnina.levermore@jewishtampa.com)

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

March 2024



## Florida 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.

Link to website [here](#).

### **Philip Shayman Parkinson's Program- Parkinson's Disease Patient and Care Partner Support Groups, University of South Florida**

**Location:** Tampa, FL

For more information, contact Erica Botting at [ericabotting@usf.edu](mailto:ericabotting@usf.edu).

Link to website [here](#).

### **Art4All Florida**

Explore your artistic and creative movement capabilities with Parkinson's in Movement!

**Location:** Tampa, FL (in person & online)

For more information, contact Emily Dixon at 813-422-1688 or [emilydixon@usf.edu](mailto:emilydixon@usf.edu).

Link to website [here](#).

### **\*pdLIFE: Expanding the Bay Area PD Network and Support, Parkinsonlife Corporation**

*(updated August 2023)*

*The Parkinsonlife Corporation (pdLIFE) was created in December 2020 to support individuals impacted by Parkinson's Disease in the Tampa Bay Area. "pdLIFE" aims to provide "Lifestyle, Information, Fitness, and Empowerment" to our participants and their family members. Each of our classes provide evidence-based exercises that have been recognized to assist in the improvement of Parkinson's symptoms, including high-intensity interval training. We have multiple offerings to best match the physical abilities of the participants including a "high octane" group created specifically for young onset, newly diagnosed, and advanced fitness level individuals. pdLIFE offers monthly meetings that are held in person at the Barksdale Senior Center with refreshments provided and a variety of excellent speakers such as rehabilitation specialists, mental health providers, and community resource liaisons.*

**Location:** Tampa, FL – Meeting in-person

**Fee:** None

For more information, contact Meredith DeFranco at [meredefranco119@gmail.com](mailto:meredefranco119@gmail.com).

Link to Website [here](#).

### **Rock Steady Boxing Tampa**

**Location:** Tampa, FL 33614

**Fee:** Yes

For more information, contact Rock Steady Boxing Tampa at 727-229-7537 or

[tampabay@rsbaffiliate.com](mailto:tampabay@rsbaffiliate.com).

### **Pedaling for Parkinson's, Tampa YMCA**

#### **Locations:**

- [South Tampa YMCA](#), Tampa, FL 33611 – Alan Dubois at [Alan.Dubois@TampaYMCA.Org](mailto:Alan.Dubois@TampaYMCA.Org)
- North Tampa YMCA, Tampa, FL 33624 - Jenny Beadle at [jenny.beadle@tampaymca.org](mailto:jenny.beadle@tampaymca.org)

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

March 2024





## Florida 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.

- [Tampa Metropolitan Area YMCA](#), Tampa, FL 33602 – Michelle Willis at [michelle.willis@tampaymca.org](mailto:michelle.willis@tampaymca.org).

### **Rock Steady Boxing Fishhawk**

**Location:** Valrico, FL 33596

**Fee:** Yes

For more information, contact Kathy Glazewski at 908-415-0944 or [fishhawk@rsbaffiliate.com](mailto:fishhawk@rsbaffiliate.com).

### **Parkinson's Wellness Initiative**

*Offers Tai Chi, Stretch & Strengthen, Nia, Water and Movement, and Cycling for People Living with Parkinson's. An intake must be completed prior to participation.*

For more information, contact Pnina Levermore at 813-291-2253.

### **Rock Steady Boxing**

**Location:** Tampa Bay Area, including Palm Harbor, Largo, St. Petersburg and Tampa

Link to Website [here](#).

## HIGHLANDS

### SEBRING

### **Parkinson's Education, Support and Therapeutics Programs in Sebring**

**Location:** Highlands County, FL

For more information, contact Robyn-Faucy Washington at [robyn@neurochallenge.org](mailto:robyn@neurochallenge.org).

Link to Website [here](#).

## INDIAN RIVER

### **Alzheimer's & Parkinson Association of Indian River County** *(updated March 2023)*

*Classes include Boxing for Parkinson's, Chair Yoga, and others. [See here](#) for a calendar of upcoming events.*

**Location:** Vero Beach, FL 32960 – Meeting in-person and online

For more information, contact Alzheimer's & Parkinson Association of Indian River County at 772-563-0505 or email [info@alzpark.com](mailto:info@alzpark.com).

Link to Website [here](#).

## LEE

### FORT MYERS

### **Hope Parkinson Program, Hope Hospice and Community Services** *(updated March 2023)*

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

March 2024



### Florida 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.*

**Location:** Fort Myers, FL 33908

For more information, contact Michelle Martin at 239-985-7727 or email

[michelle.martin@hopehcs.org](mailto:michelle.martin@hopehcs.org).

Link to Website [here](#).

### **Punching Out Parkinson's, Hope Hospice and Community Services** (updated March 2023)

**Location:** Fort Myers, FL 33908

For more information contact Michelle Martin at 239-985-7727 or email

[michelle.martin@hopehcs.org](mailto:michelle.martin@hopehcs.org).

Link to website [here](#).

## LEON

### TALLAHASSEE

### **Parkinson's Outreach Association: Parkinson's Choir, Support Groups, Ageless Grace Exercise, and Art Therapy**

For more information, contact (850) 364-0230 or [contact@theparkinsonsoutreach.org](mailto:contact@theparkinsonsoutreach.org).

Link to Website [here](#).

## MARTIN

### STUART

### **Punch Out Parkinson's- Cleveland Clinic Martin**

**Location:** Stuart, FL 34994

For more information, contact (772) 287-5200.



## Florida 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.

### MIAMI DADE

#### COCONUT GROVE

##### **\*Yoga Therapy Symptom Support for Parkinson's, AUM Home Shala** (updated August 2023)

*AUM Home Shala's mission is to promote the therapeutic benefits of yoga, through teaching, research, training yoga teachers and certifying yoga therapists. We further our mission through training, community clinics and group classes, symposiums, and outreach initiatives in universities, schools, health-care facilities, and support groups, which aim to break down societal barriers through yoga, yoga therapy, and meditation. Yoga therapy supports PD patients who are newly diagnosed and those dealing with progressive symptoms to manage their condition, delay/reduce symptoms, decrease chronic pain and sleep disturbances, restore balance, and increase mobility, respiration, and vitality. AUM brings our mission to life by offering free yoga therapy programming for people of all ages who are dealing with a wide range of chronic diseases and disabilities, including free yoga therapy for PD individuals/group sessions. Yoga Therapy topics tailored for PD include mindful breathing for respiratory health and improved cognition; non-motor and fine-motor movement for decreased anxiety, depression and stress relief including joint and gland exercises; digestion/nutrition and meditation techniques.*

**Location:** Miami, FL – Meeting in-person and online

**Fee:** None

For more information, contact Melinda Atkins at [info@aumhomeshala.org](mailto:info@aumhomeshala.org).

Link to Website [here](#).

#### CORAL GABLES

##### **UM Cycling for PD**

For more information, contact Christina at 305-284-6524.

#### KENDALL

##### **Brain Center RSB @ Kendall**

**Location:** Miami, FL 33186

For more information, contact Carolina Hoires at 305-856-8940, ext 104.

#### MIAMI

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

March 2024



## Florida 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.*

### **Brain Center Comprehensive Wellness Programs for PD**

*Includes LSVT Based Program, Music Therapy, Yoga Therapy, Caregiver's Support Group.*

**Location:** Miami, FL 33143

For more information, contact Carolina Hoires at 305-856-8940, ext 104.

### **Mind&Melody Music & Movement Program for Parkinson's Participants in Miami and Boca Raton, Mind&Melody, Inc.**

**Location:** Miami, FL

For more information, contact Cristina Rodriguez [cristina@mindandmelody.org](mailto:cristina@mindandmelody.org).

Link to website [here](#).

### **South Dade YMCA Family Center Parkinson's Therapy Program, The Young Mens Christian Association of South Florida Inc**

**Location:** Miami, FL

For more information, contact Leah Blanton at [lblanton@ymcasouthflorida.org](mailto:lblanton@ymcasouthflorida.org)

Link to website [here](#).

### **Tai Chi/Qi Gong & Rock Steady Boxing for Parkinson's Disease Patients and Caregivers: Virtual and Bilingual Program, Neuroscience Centers of Florida Foundation, Inc. d/b/a Brain Center**

**Location:** Miami, FL – Meeting Online

For more information contact Tamara Robinett at [grantrequest@braincenter.org](mailto:grantrequest@braincenter.org).

Link to website [here](#).

## **MIAMI BEACH**

### **Exercise Program for Newly Diagnosed and Early Onset Parkinson's**

*The Miami Beach JCC is offering an exercise program to those living with Parkinson's.*

**Location:** Miami Beach, FL 33140

For more information, contact Stacey Hatch at 305-534-3206, ext. 222 or [stacey@mbjcc.org](mailto:stacey@mbjcc.org).

### **Brain Center RSB @ Miami Beach**

**Location:** Miami Beach, FL 33140

For more information, contact Carolina Hoires at 305-856-8940 X104.

## **NORTH MIAMI BEACH**

### **\*Rock Steady Boxing at the MAR-JCC, Michael-Ann Russell Jewish Community Center**

*(updated August 2023)*

**Location:** North Miami Beach, FL

**Fee:** None

For more information, contact Jennifer Enslein at [senslein@aol.com](mailto:senslein@aol.com).

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



## Florida 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.*

Link to Website [here](#).

### **Herbert Kay Chapter at the MAR-JCC**

*The Herbert Kay Parkinson Chapter offers several classes including Yoga, Strength & Movement, Tai Chi, Speech Therapy, and Latin Rhythmic Movement.*

**Location:** North Miami Beach, FL 33180

For more information, contact Bill Marsa at 305-932-1870.

## **SOUTH MIAMI**

### **Albizu's Parkinson's Community Project**

*SPEAK OUT! & LOUD crowd technique provided via telehealth to Spanish/English speakers and individuals from diverse backgrounds*

**Location:** Doral, FL 33172 – Meeting online

**Fee:** Free

For more information, contact Brittany del Cristo from Albizu University at 305-987-3442 or

[bdelcristo@albizu.edu](mailto:bdelcristo@albizu.edu).

Link to Website [here](#).

### **Pilates for Neurological Conditions**

*This is a group class designed by physical therapists to address balance, mobility, flexibility, and improve functional movement.*

**Location:** South Miami, FL 33143

**Fee:** Yes

For more information, contact Grace Rackowe at (305) 397-8308 or [grace@pilatesinthegrove.com](mailto:grace@pilatesinthegrove.com).

Link to Website [here](#).

## **MONROE**

### **KEY WEST**

#### **Rock Steady Boxing of Key West**

**Location:** Key West, FL 33040

For more information, contact Boris Gino Musil at 305-509-0545.

Link to Website [here](#).

## **NASSAU**

### **FERNANDINA BEACH**

#### **Rock Steady Boxing**

**Location:** Fernandina Beach, FL 32034

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

March 2024



## Florida 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.*

For more information, contact Guy Petty at 904-310-6678.

## ORANGE

### ORLANDO

#### **Living Well with Parkinson's: Maximize your function! Orlando Health Foundation**

**Location:** Orlando, FL

For more information contact Erin Dickson at [erin.dickson@orlandohealth.com](mailto:erin.dickson@orlandohealth.com).

Link to website [here](#).

#### **Movement as Medicine**

*Lead teachers: Suzanne Salapa, PhD*

**Location:** Orlando, FL 32804

For more information, contact (407) 303-5295 or [fh.parkinson@flhosp.org](mailto:fh.parkinson@flhosp.org).

#### **Parkinson's & Movement Disorder Outreach**

*Participants can join Dance for PD, Rock Steady Boxing and Art Therapy*

**Location:** Orlando, FL 32789

For more information contact Tori Ricki at 407-303-5295 or [ORL.Parkinson@AdventHealth.com](mailto:ORL.Parkinson@AdventHealth.com).

Link to website [here](#).

## PALM BEACH

### BOCA RATON

#### **Dance for PD**

*Class can be danced sitting, standing, or holding onto a walker. Registration required.*

**Location:** Boca Raton, FL 33487

**Fee:** No

For more information, contact (561) 995-0709.

Link to Website [here](#).

#### **Florida Movement Therapy Center- Boca Raton**

**Location:** Boca Raton, Florida 33433

**Fee:** Yes, fees associated with Rock Steady Boxing class

For more information, contact FLMTC at 561-883-7800.

#### **Mind & Mobility- PWR! MOVES – PARKINSON'S WELLNESS RECOVERY**

**Location:** Boca Raton, FL 33433

For more information, contact Mind & Mobility at 561-430-5345.

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

March 2024



## Florida 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.*

### **Parkinson's Voice Project: SPEAK OUT! and The Loud Crowd**

**Location:** Boca Raton, FL

For more information, contact Kelly Steele at 561-297-4026 or [ksteele8@fau.edu](mailto:ksteele8@fau.edu)

### **Surf n' Turf Program**

*Stay for both portions of the class or just one, all exercises are adaptable for all stages of Parkinson's.*

**Location:** Boca Raton, FL 33433

For more information, contact Robin Nierman at [rnierman@ymcaspbcc.org](mailto:rnierman@ymcaspbcc.org)

Link to Website [here](#).

## **BOYNTON BEACH**

### **Florida Movement Therapy Center**

**Location:** Boynton Beach, FL 33437

**Fee:** Yes

For more information, contact FLMTC at 561-619-9520.

### **Surf n' Turf Program**

*Stay for both portions of the class or just one, all exercises are adaptable for all stages of Parkinson's*

**Location:** Boynton Beach, FL 33436

For more information, contact Robin Nierman at [rnierman@ymcaspbcc.org](mailto:rnierman@ymcaspbcc.org)

### **Parkinson's Exercise Class**

**Location:** Boynton Beach, FL 33472

Link to Website [here](#).

## **DELRAY BEACH**

### **Rock Steady Boxing**

**Location:** Delray Beach, Florida 33484

For more information, contact Colleen Sturgers at 561.441.4444 or [info@beyondfitnessdelray.com](mailto:info@beyondfitnessdelray.com)

### **The Speech and Swallowing Clinic of SoFla**

*Specializing in speech, language, voice and swallowing evaluation and treatment. Trained in LSVT LOUD speech program.*

**Location:** Delray Beach, FL 33435

**Fee:** Yes

For more information, contact Amy Reinstein at 561-739-2024

Link to Website [here](#).

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

March 2024



## Florida 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.*

### JUPITER

#### **Gentle Stretch & Meditation Class for Parkinson's**

**Location:** Jupiter, FL 33458

**Fee:** No

For more information, contact Chanda Morra at 561-707-5447.

#### **Rock Steady Boxing**

**Location:** Jupiter, FL 33458

**Fee:** Yes

For more information, contact Chanda Morra at 561-707-5447.

### PALM BEACH GARDENS

#### **Parkinson's Exercise Class**

**Location:** Palm Beach Gardens, FL 33418

Link to Website [here](#).

#### **The Voices of Parkinson's Chorus**

**Location:** Palm Beach Gardens, Florida 33410

For more information contact Beth Elgort, MSW at 561-336-0902 or email

[beth@thevoicesofparkinsons.com](mailto:beth@thevoicesofparkinsons.com)

Link to Website [here](#).

#### **Florida Movement Therapy Center- Palm Beach Gardens**

**Location:** Palm Beach Gardens, Florida 33410

For more information, contact FLMTC at 561-619-9520.

Link to Website [here](#).

#### **Rock Steady Boxing Palm Beach County**

**Location:** Palm Beach Gardens, Florida 33410

For more information contact Donna Belat at 561-624-5000 or email

[palmbeachcounty@rsbaffiliate.com](mailto:palmbeachcounty@rsbaffiliate.com)

Link to Website [here](#).

### ROYAL PALM BEACH

#### **Rock Steady Boxing Royal Palm Beach**

**Location:** Royal Palm Beach, FL 33411

For more information, contact Chanda Morra at 561-707-5447 or [RoyalPalmBeach@rsbaffiliate.com](mailto:RoyalPalmBeach@rsbaffiliate.com)





## Florida 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.*

### WEST PALM BEACH

#### **Mind & Mobility- PWR! MOVES – PARKINSON'S WELLNESS RECOVERY**

**Location:** West Palm Beach, FL 33417

For more information, contact Mind & Mobility at 561-203-1661.

### PINELLAS

#### LARGO

#### **Rock Steady Boxing at The Palm of Largo**

**Location:** Largo, FL 33771

For more information, contact (727) 518-6008 or (727) 385-9881.

#### **Rock Steady Boxing Largo**

**Location:** Largo, FL 33770

**Fee:** Yes

For more information, contact Rock Steady Boxing Largo at 727-229-7537 or [tampabay@rsbaffiliate.com](mailto:tampabay@rsbaffiliate.com).

#### **Tremble Clefs of Palms of Largo**

*Serving Pinellas County, The Palms of Largo*

**Location:** Largo, FL 33770

For more information, contact Leah Einboden at [leaheinboden@thepalmsoflargo.com](mailto:leaheinboden@thepalmsoflargo.com).

Link to Website [here](#).

### PALM HARBOR

#### **Rock Steady Boxing Palm Harbor**

**Location:** Palm Harbor, FL 34684

**Fee:** Yes

For more information, contact Rock Steady Boxing Palm Harbor at 727-229-7537 or [palmharbor@rsbaffiliate.com](mailto:palmharbor@rsbaffiliate.com).

### ST. PETERSBURG

#### **Delay the Disease Parkinson's Exercise Program**

**Location:** St. Petersburg, FL 33714

**Fee:** Fee based program

For more information, contact the enrollment line at 727-235-6472 or [kgabel@stpeteymca.org](mailto:kgabel@stpeteymca.org)



### Florida 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.*

#### **Rock Steady Boxing St. Petersburg**

**Location:** St. Petersburg, FL 33704

**Fee:** Yes

For more information, contact Rock Steady Boxing St. Petersburg at 727-229-7537 or [stpetersburg@rsbaffiliate.com](mailto:stpetersburg@rsbaffiliate.com).

#### **Dancing Through Parkinson's**

**Location:** St. Petersburg, FL 33710

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

#### **Total Parkinson's- YMCA of Greater St. Petersburg**

**Location:** St. Petersburg, FL 33714

**Fee:** Yes, but scholarships are available.

For more information, contact Kieran Gabel at [communityhealth@stpeteymca.org](mailto:communityhealth@stpeteymca.org) or call 727-895-9622 ext. 5214.

Link to Website [here](#).

## POLK

### LAKELAND

#### **PunchWorX, Rock Steady Boxing affiliate** *(updated November 2023)*

This program accommodates varying degrees of fitness levels and inspires hope through group socialization and support; with the overall goal of improving their quality of life.

**Location:** Lakeland, FL 33807

For more information, contact Marty Hubbard, OTR/L at 865-219-7660 or email

[Punchworx.inc@gmail.com](mailto:Punchworx.inc@gmail.com)

Link to Website [here](#).

## SARASOTA

#### **Parkinson Place Center for All Movement** *(updated November 2023)*

**Location:** Sarasota, FL 34232 - Meeting in-person and online.

For more information, contact Susan Belesi at (941)-893-4188 x 1006 or email

[SBelesi@ParkinsonHope.org](mailto:SBelesi@ParkinsonHope.org)

**Fee:** No

Link to website [here](#).

#### **Parkinson's Education, Therapeutic & Support Programs for Newly Diagnosed & Underserved PD Community in Highlands Co., FL, Neuro Challenge Foundation for Parkinson's, Inc.**

**Location:** Sarasota, FL

For more information, contact Jennifer Businger-Ortiz at [jennifer@neurochallenge.org](mailto:jennifer@neurochallenge.org) .

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

March 2024



## Florida 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.*

Link to website [here](#).

### **Cycling for PD**

*Space is limited.*

**Location:** Sarasota, FL 34236

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

### **Mindful Movement Yoga for Parkinson's Disease**

**Location:** Sarasota, FL 34236

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

### **Off-Key Chorale Sarasota**

**Location:** Sarasota, FL 34328

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

### **PD in Motion**

**Location:** Sarasota, FL 34329

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

### **Rock Steady Boxing in Southwest Florida, The SKY Family YMCA**

**Location:** Venice, FL

For more information, contact Janelle Worthington at [jworthington@skyyymca.org](mailto:jworthington@skyyymca.org)

Link to website [here](#).

## ST. JOHNS

### PONTE VEDRA BEACH

### **Boxing "Fight Back" Scholarship Fund, RSB JAX INC**

**Location:** Ponte Vedra Beach, FL

For more information, contact [jacksonville@rsbaffiliate.com](mailto:jacksonville@rsbaffiliate.com).

Link to Website [here](#).

### **Let's Get Physical- Mental and Physical Fitness Classes for People with Parkinson's, Jax**

#### **Hope Inc**

**Location:** Ponte Vedra Beach, FL

For more information, contact Jennifer Otero at [support@jaxhopeinc.org](mailto:support@jaxhopeinc.org).

Link to website [here](#).

## ST. AUGUSTINE

### **The Park Ave Program 3.0, St. Augustine Rehabilitation Specialists**

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

March 2024



### Florida 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.*

*Gives people access to multi-level group classes led by Physical and Speech Therapists that specialize in PD. PWRmoves!, Yoga, Loud Crowd and Rock Steady Boxing.*

**Location:** St. Augustine, FL – Meeting in-person and online.

**Fee:** No

For more information, contact Melanie Lomaglio at 904-501-8779 or [Melanie.neuroPT@gmail.com](mailto:Melanie.neuroPT@gmail.com).

Link to website [here](#).

### **GZ Sobol Parkinson's Network St. Augustine**

**Location:** St. Augustine, FL 32084

For more information, contact Bill Castelli at [bill.castelli@gmail.com](mailto:bill.castelli@gmail.com).

## SUMTER

### THE VILLAGES *(Updated October 2023)*

#### **Sunday Exercise- @Chatham**

*Sit/stretch plus exercise to music and BIG/LOUD plus education and support.*

Mostly Men/Women Welcome

**Location :** The Villages, FL

#### **Exercise @ Tierra Del Sol**

Sit/stretch plus exercise to music, discussion, and support.

**Location:** The Villages, FL

#### **Exercise GZ Sobo's PD Network @ Chatham**

CZ Sobol's Parkinson's Network sitting and standing exercises.

**Location:** The Villages, FL

#### **Mulberry Grove**

Popular with Couples

Exercise to music plus education, discussion, and support

Link to website [here](#).

The Villages Weekly Newsletter – every Thursday. Email [relrx1@aol.com](mailto:relrx1@aol.com) to get on distribution.

Parkinson's Foundation Ambassador

Contact: Rose Lang (570) 991-2030

#### **LSVT- Loud Speech Therapy for Parkinson's patients:**

- Advent Health- Lisa Walter at 352-753-1175
- Lake Centre for Rehab- Jennifer Gelb at 352-325-9846

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

March 2024



## Florida 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.

- Advanced Physical Therapy at 352-693-3378

### **LVST- BIG Physical Therapy for Parkinson's patients**

- Advent Health- Leslie Priest at 352-753-1175
- Lake Centre for Rehab at 352-325-9846
- Advanced Physical Therapy at 352-693-3378

### **Rock Steady Boxing**

**Location:** The Villages, FL 32159

**Fee:** Yes

For more information, contact Advanced Physical Therapy of Central Florida at 352-693-3378.

## VOLUSIA

### EDGEWATER

#### **Dance for PD**

**Location:** Edgewater, FL 32132

For more information, contact Ashley Santana at 386-409-9622 or [asantana@vfymca.org](mailto:asantana@vfymca.org).

Link to Website [here](#).

### DAYTONA BEACH

#### **Exercise Class**

*This group is facilitated by therapists from Advent Health. Please call before your first session.*

**Location:** Daytona Beach, FL 32117

For more information, contact 386-231-6039.

### ORMOND BEACH

#### **Dance for PD**

**Location:** Ormond Beach, FL 32174

For more information, contact Heather Jenkins at 386-673-9622 or [hjenkins@vfymca.org](mailto:hjenkins@vfymca.org)

#### **Rock Steady Boxing NSB**

*This class is 90 minutes and works with a variety of skill levels. This class is subject to adapt as RSB Ormond Beach grows.*

**Location:** Ormond Beach, FL 32174

For more information, contact Marianne Chapin at (386) 314-1910 or [info.rocksteadynsb@gmail.com](mailto:info.rocksteadynsb@gmail.com)

### PORT ORANGE

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

March 2024



### **Florida 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.*

#### **Dance for PD**

**Location :** Port Orange, FL 32129

For more information, contact Jason Joiner at [jjoyner@vfymca.org](mailto:jjoyner@vfymca.org) or 386-676-6375.

Link to Website [here](#).

#### **PWR! Moves**

**Location :** Port Orange, FL 32129

For more information, contact Port Orange YMCA at 386-760-9622.

Link to Website [here](#).

## **WALTON**

### **SANTA ROSA BEACH**

#### **Rock Steady Boxing of the Emerald Coast** *(updated March 2024)*

**Location:** Santa Rosa Beach, FL 32459

**Fee:** Yes

For more information, contact John Chapman at 850-842-8348 or email [Info@parkinsonsstrong.org](mailto:Info@parkinsonsstrong.org)

Link to Website [here](#).