



Georgia 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](#).*

<p><u>Alpharetta</u></p> <p><u>Atlanta</u></p> <p><u>Beech Island, SC</u></p> <p><u>Cumming</u></p> <p><u>Gainesville</u></p> <p><u>Griffin</u></p> <p><u>Holly Springs</u></p> <p><u>Loganville</u></p> <p><u>Macon</u></p> <p><u>Marietta</u></p>	<p><u>Metro Atlanta</u></p> <p><u>Newnan</u></p> <p><u>Norcross</u></p> <p><u>Ringgold</u></p> <p><u>Roswell</u></p> <p><u>Sandy Springs</u></p> <p><u>Tyrone</u></p> <p><u>Watkinsville</u></p> <p><u>Online Classes</u></p>
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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 Georgia@parkinson.org.

October 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.

ALPHARETTA

Basic Line Dance

Location: Alpharetta, GA 30005 (two different locations – contact instructor for details).
For more information, contact Wendy Haggerty at whaggerty2016@gmail.com.

Meditation

Location: Alpharetta, GA 30005
For more information, contact Wendy Haggerty at whaggerty2016@gmail.com.

ATLANTA

***Community Conversations with Emory Parkinson's Disease Researchers, Emory University** (updated August 2023)

The "Community Conversations with Emory Parkinson's Disease Researchers" will be a free educational activity for people living with Parkinson's disease, their family members and caregivers. The goal of the event is to inform the local Parkinson's disease patient community about current research findings and to give them insight into future research directions in this field. The event will also include lunchtime keynote addresses during which the entire group of attendees will have the opportunity to hear from a prominent Parkinson's disease researcher from an outside institution and/or a person living with the disease. Other program elements such as poster presentations, or presentations by community or Foundation representatives will also be included in the event as appropriate.

Location: Atlanta, GA – Meeting in-person

Fee: None

For more information, contact Thomas Wichmann at twichma@emory.edu.

Link to Website [here](#)

LDBF Boxing for Parkinson's

Location: Atlanta, GA 30315

For more information, contact Maria Merrit at 404-477-4633

***Promoting Health Equity in Parkinson Care for Black Families through Faith-Based Partnerships, Emory University** (updated August 2023)

The Alter program is the first of its kind and is a significant piece of the puzzle in terms of addressing structural inequities in the Black community and responding to the needs of Black family care partners and persons living with various forms of dementia (e.g., Parkinson's Disease dementia) to deliver relevant resources and supportive services. The mission of the Alter program is (a) to increase dementia awareness, inclusive of Parkinson's Disease dementia; (b) develop a supportive, faith-based, dementia-friendly infrastructure; and (c) create communities to support Black families facing dementia through partnering with places of worship.

Location: Atlanta, GA – Meeting in-person

Fee: None

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For more information, contact Fayron Epps at fepps@emory.edu.
Link to Website [here](#).

BEECH ISLAND, SC

Day One Fitness – Fighting to Win

Classes include Power Boxing, FUNctional UB/LB, Strength, Manual Dexterity & Speech/Vocal Training, One-on-One Training, Physical Therapy Intensive, Dance, Yoga and Nordic Pole Walking.

Location: Beech Island, SC 29842

For more information, contact Suzanne Denmark at 803-265-1699 or info@dayonefitness.org.
Link to website [here](#).

CUMMING

Parkinson's Fab Fit & Fun

Location: Cumming, GA

For more information, contact Wendy Haggerty at whaggerty2016@gmail.com

GAINESVILLE

LDBF Boxing for Parkinson's

Location: Gainesville, GA 30501

For more information, contact Kelly Leo at 678-896-7846 or fullthrottleoakwood@gmail.com.

GRIFFIN

Punching Parkinson's

Location : Griffin, GA 30223

Fee: Yes.

For more information, contact Spaulding County Senior Center at 770-467-4385 or lbrown@spauldingcounty.com.

Link to website [here](#).

HOLLY SPRINGS

Parkinson's Fitness Class

Location: Holly Springs, GA 30115

For more information, contact Kelly Sandt at 770-722-1917

LOGANVILLE

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KOPD (Knockout Parkinson's Disease)

45-minute session designed to combat the symptoms of PD with a boxing emphasis. Provides strength training, cognitive stimulation, coordination & community.

Location: Loganville, GA

For more information contact Maura Cartwright at 937-478-7018 or

coachmaura@keppnerboxing.com.

Link to website [here](#).

MACON

PD Fit

Exercise program for people with Parkinson's (aided by their care partners), which includes aerobics, circuit training, flexibility, boxing and neuromuscular/balance.

Location: Macon, GA 31210-9150 – Meeting in-person

Fee: Yes, MGA Wellness Center membership. The Wellness Center is a Silver Sneakers approved facility.

For more information contact Struby Thelen at 813-503-6202 or PDFit@MeOverPD.org.

Link to website [here](#).

MARIETTA

***Aloha Delay the Disease Exercise Program, Aloha to Aging, Inc** (updated August 2023)

Aloha to Aging has partnered with Empower Recreational Therapy to provide the Delay the Disease classes. This program empowers people with Parkinson's disease to improve their quality of life and achieve new levels of hope through reducing physical and cognitive symptoms of Parkinson's as well as improving social and emotional wellbeing. Participants will complete a 12 week program that addresses mobility, posture, balance, strength, handwriting, and speech volume. A main goal of Delay the Disease is to foster a community where, regardless of their background and personal identities, all participants feel welcomed, wanted, supported, and valued. Other recreational therapy modalities we use in class are adaptive yoga, boxing, tai chi, card games, team building, adaptive sports, mindfulness, expressive therapies, dancing, etc. The combination of these individual components allows Aloha to Aging, in partnership with Empower Recreational Therapy, to provide a program that enhances the wellbeing and quality of life for participants with Parkinson's disease.

Location: Marietta, GA

Fee: \$150 for a 12 wk session, Community Grant covers cost

For more information, contact Dawn Reed at grant@alohatoaging.org.

Link to Website [here](#).

Rockin' Wellness for LIFE, WellStar Foundation [Updated April 2023]

Classes include Rock Steady Boxing, LSVT LOUD for LIFE, and LSVT BIG for LIFE.

Location: Marietta, GA 30060 – Meeting in-person

For more information contact Allison Fortman at 770-793-7600 or Allison.Fortman@wellstar.org.

Link to website [here](#).

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METRO ATLANTA

Metro Atlanta YMCA

Classes include Parkinson's Boxing, Parkinson's Movement and Parkinson's Group Cycling.

Location: Multiple locations and classes available – Meeting in-person

Link to website [here](#).

Ageless Grace Brain Health

Location: Atlanta, GA

For more information, contact Sandy Bramlett at 678-576-9553 or email swbsun@aol.com.

Link to website [here](#).

Parkinson's Personal Trainers

Location: Throughout Metro Atlanta (contact trainer for details)

Kelly Sandt: 770-722-1917 or kellysandt@gmail.com

Maureen McCord: 470-206-8563 or lloydandmaureen@bellsouth.net

Mark Bodnar: 404-873-3363 or msbyoga@gmail.com

Michael Cohen: 678-637-2462 or mwcohen59@me.com

Private and Semi-Private In-Home Yoga Therapy Sessions

For more information, please contact Wendy at whaggerty2016@gmail.com.

***Parkinson's Virtual Programming, YMCA of Metro Atlanta** (updated August 2023)

Our PD Gladiators program includes cycling, boxing, and general movement classes. All classes are designed to increase cardiovascular fitness, balance, strength, and flexibility, and are crafted to meet the needs of individuals at all stages of PD. In addition to taking classes, participants are paired with a YMCA personal wellness coach who helps them work through their exercise-related challenges. We have provided classes for individuals with PD since 2015 and have witnessed profound benefits for participants who attend regularly.

Location: Atlanta, GA – Meeting online

Fee: None

For more information, contact Whitney Amos at whitneya@ymcaatlanta.org.

Link to Website [here](#).

NEWNAN

Dance for PD at Southern Arc Dance

Location: Newnan, GA 30265

For more information, contact Paulo Manso de Sousa at 770-683-3724 or

info@southernarcdance.org

Link to Website [here](#).

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NORCROSS

PingPongParkinson® Atlanta [Updated April 2023]

PingPongParkinson Atlanta is an organization that hopes to impact people with Parkinsons by allowing them to stay active by playing ping pong. During the session, players will get to connect with each other and exercise.

Location: Norcross, GA 30093 – Meeting in-person

Fee: Yes

For more information, contact Ryan Dong at 678-637-9160 or pingpongparkinsonatlanta@gmail.com

Link to website [here](#).

RINGGOLD

Rock Steady Boxing Chattanooga & North Georgia

Location: Ringgold, GA 30736

For more information, contact Kristin Schillaci at 770-490-8191 or Chattanooga@rsbaffiliate.com.

Link to Website [here](#).

ROSWELL

Singing with Parkinson's: Atlanta's FIRST Parkinson's Choir, The George Center for Music Therapy

Location: Roswell, GA 30075

For more information, contact Hannah Rhinehart at hannahr@thegeorgecenter.com

Link to Website [here](#).

SANDY SPRINGS

Parkinson's Intentional Boxing

Location: Sandy Springs, GA 30328

For more information, contact Paul Delgado at 404-539-0828 or paul@pdboxing.com.

Link to website [here](#).

LDBF Boxing for Parkinson's and Other Classes

The Center for Movement Challenges – offers boxing, physical optimization, yoga and meditation, dance, and speech, voice and brain exercises.

Location: Sandy Springs, GA 30328

Link to website [here](#).

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TYRONE

Neuro Heroes - Neu-Level Therapy and Wellness Clinic

Classes include PWR! Moves Basic and Advanced, LDBF Boxing (Seated and Standing), Circuit, Drumming and Chair Exercises.

Location: Tyrone, GA - Meeting in-person

For more information, contact Dr. Paulette Lewis, MPT, DPT at 678-545-6666 or email

Plewis@neuleveltandw.com.

Link to website [here](#).

WATKINSVILLE

Oconee Neuro Health and Wellness – LSVT Big for Life®

Circuit Training Classes including aerobic activity, strength, stretch, and dual task activities.

Location: Watkinsville, GA 30677 – Meeting in-person and online

For more information, contact Kelli Dehelean, PT at 678-720-8028 or Oconeeneurohealth@yahoo.com.

ONLINE CLASSES

Ageless Grace Online

Online classes every Wednesday.

For more information, contact Sandy Bramlett or the Central Dekalb Senior Center by visiting the link to their website.

Link to Website [here](#).

Ageless Grace Online

For more information, contact Lori Trachtenberg at ltrachtenberg@bellsouth.net.

Breath and Brain Works

Speech, Voice and Brain Exercise

For more information, contact Valeria Gary at 678-861-8746 or valeria@pdspeech.com.

Link to Website [here](#).

Full Potential Moves

Facebook Live exercises every Tuesday and Thursday!

For more information, contact Maureen McCord by visiting their Facebook page [here](#).

LDBF Boxing for Parkinson's Online

Online boxing classes Monday-Friday

For more information about boxing, please visit <https://www.boxingforparkinsons.org/>.

Parkinson's Foundation PD Health @ Home Fitness Fridays

Recorded and live classes

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For more information, please use this [link](#) to find an upcoming event.

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October 2023