



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](#).*

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| <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>Holly Springs</u></p> <p><u>Loganville</u></p> <p><u>Marietta</u></p> <p><u>Metro Atlanta</u></p> | <p><u>Newman</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 2022



ALPHARETTA

Adaptive Line Dance

Location: Alpharetta, GA 30004

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

ATLANTA

LDBF Boxing for Parkinson's

Location: Atlanta, GA 30315

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

YMCA of Metro Atlanta

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

Location: Atlanta, GA 30314

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.

HOLLY SPRINGS

Parkinson's Fitness Class

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



Location: Holly Springs, GA 30115
For more information, contact Kelly Sandt at 770-722-1917

LOGANVILLE

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](#).

MARIETTA

Rockin' Wellness for LIFE, WellStar Foundation

Location: Marietta, GA

For more information contact Dana Rohulich at dana.rohulich@wellstar.org.

Link to website [here](#).

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.

NEWMAN

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



Dance for PD at Southern Arc Dance

Location: Newman, GA 30265

For more information, contact Paulo Manso de Sousa at 770-683-3724 or info@southernarcdance.org

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](#).

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](#).

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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

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