



Heartland 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. 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](#).

[Iowa](#)

[Kansas](#)

[Metro KC](#)

[Missouri](#)

[Nebraska](#)



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IOWA

***Outreach Programs for Persons with PD in Rural Areas - Iowa State University Foundation**

Iowa State University is offering several programs for persons with Parkinson's disease this Fall and Winter: "A Journey through Parkinson's Disease", educational programs, singing, boxing, and yoga groups available.

Location: Ames, IA – Meeting in-person and online.

Fee: No

For more information, contact Elizabeth Stegemoller at 515-294-5966 or

esteg@iastate.edu.

Link to Website [here](#).

Cedar Rapids Metro Parkinson's Association

Support groups, exercise and wellness. Classes include Moving with PD-Exercise for Parkinson's, Chair Yoga for PD & Care Partners, and ParkinSingers Vocal Exercise.

Location: Cedar Rapids, IA 52404 – Meeting online

For more information, contact Kris Cameron at 319-361-7673 or

kriscameron@crmetroparkinsons.com

Link to Website [here](#).

The Cedar Rapids Metro Parkinson's Association has prepared and maintains the following listing of Eastern Iowa Wellness resources for the Parkinson's community – [click here](#).

On With Life LSVT Program

An outpatient neurorehabilitation clinic that offers PT, OT, SLP, and counseling services. They treat individuals with Parkinson's Disease and other neurological conditions.

Location: Coralville, IA 52241 - Meeting in person

For more information, contact Paula Duve at 319-259-6224 paula.duve@onwithlife.org

Link to website [here](#).

Rock Steady Boxing Iowa City

Location: Iowa City, IA 52240 - Meeting in person

Fee: Yes

For more information, contact Emily Klinefelter at 319-244-8282 or

icorboxing@gmail.com.

Link to Website [here](#).

***Rock Steady Boxing for Low-Income Seniors with Parkinson's Disease, Iowa City Coralville Boxing Club Inc.**

Location: Iowa City, IA

For more information, contact Clifton Johnson at icorboxing@gmail.com.

Link to Website [here](#).

Bedell Family YMCA, Delay the Disease Training and Education

A fitness program designed to empower people with PD to take control of the disease with daily exercise.

Location: Spirit Lake, IA 51360 – Meeting in person

For more information, contact Brittney Janicek at brittney.janicek@okobojymca.com or 712-336-9622.

Link to website [here](#).



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***Rock Steady Parkinson's Boxing, Young Men's Christian Association of Washington**

Location: Washington, IA

For more information contact Teri Hartzler at thartzler@washingtonty.org.

Link to website [here](#).

KANSAS

Function Forward Physical Therapy LLC

Mobile physical therapy and wellness in the metro KC area provided by a board certified neurologic clinical specialist. PWR! Moves (Parkinson Wellness Recovery) Certified Therapist.

Location: Kansas City, MO – Meeting in-person

Fee: Yes

For more information, contact Lauren Abelson PT, DPT, NCS at 816-200-2838 or lauren@functionforwardpt.com

Community choir and online music-based resources for people with Parkinson's and their caregivers, CCRC of Lenexa

Location: Lenexa, KS

For more information, contact Judy Baxter at

judy.baxter@westchestervillagelenexa.com

Link to website [here](#).

Sports Pavilion Lawrence, Lawrence Memorial Hospital Therapy

PWR! And various movement exercises.

Location: Lawrence, KS

For more information, contact 785-505-5840 or wellness4parkinsons@lmh.org

Link to Website [here](#).

Meadowlark Hills

PD Exercise Class, Rock Steady Boxing and PD Voice Classes. Also: Rock Steady Boxing Meadowlark at Junction City

Location: Manhattan, KS

For more information, contact Jeff Heidbreder and Michelle Haub at 785-323-3899.

Link to website [here](#).

Fit-At-Home

In-home personal training led by an instructor trained in a Parkinson's specific exercise.

Location: Olathe, KS – Meeting in person

For more information, contact Marco Recalde at 913-709-0402 or

Marcorecalde@icloud.com

Fee: Yes

Link to website [here](#)

***Moving to Live: Beating Apathy, Parkinson's Families of Northwest Kansas Association**

Location: Colby, KS

For more information, contact Elaine Ptacek at elaine.ptacek@gmail.com.

Link to website [here](#).

Parkinson's Voice Group

KUMC Department of Hearing and Speech



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Location: Meeting online

To reserve a spot, contact Laura Melo at lmelo@kumc.edu or 913-588-5937.

Driving Parkinson's, University of Kansas Medical Center

We aim to rehabilitate drivers and assess fitness to drive.

Location: Kansas City, KS 66160

For more information, please visit their [website](#) to schedule a visit.

Rock Steady Boxing Pittsburg

Location: Pittsburg, KS

For more information, contact Jeni and Rich White at 620-704-9591.

Club Parkinson's

Fitness, education, and wellness classes

Location: Wichita State University, Wichita, KS

For more information, contact Connie Urbanek 316-252-1877 or

info@clubparkinsons.org.

Fee: Yes

Rock Steady Boxing Wichita

Location: Wichita, KS – *Meeting in-person.*

For more information, contact Erin Carpenter at 316-500-3828 or

wichita@rsbaffiliate.com

Fee: Yes

METRO KANSAS CITY (including MO, KS listings)

Parkinson's Voice Group

KUMC Department of Hearing and Speech

Location: Meeting online – **open to all KS and MO residents**

To reserve a spot, contact Laura Melo at lmelo@kumc.edu or 913-588-5937.

***Art Therapy Program for Parkinson's Disease patients, Saint Luke's Foundation,**

Location: Meeting online – **open to all KS and MO residents**

For more information, contact Meredith Cantrell at mecantrell@saintlukeskc.org.

Link to website [here](#).

Reading and Conversation Group

KUMC Department of Hearing and Speech

Location: Meeting online

To reserve a spot, contact Laura Melo at lmelo@kumc.edu or 913-588-5937.

Questions about the group can be sent to Melanie Somogie at MSomogie@kumc.edu.

Excelsior Springs Community Center

Mind, Body and Balance, Restorative Yoga/Chair Yoga

Location: Excelsior Springs, MO – *Meeting in-person.*

For more information, contact Alexandria Arnold at (816) 656-2500 or

alexandriaarnold@es-prcc.com

Fee: Yes (Community Center Membership)

Link to website [here](#).

Excelsior Springs Hospital - LSVT



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Excelsior Springs Hospital has LSVT certified Physical and Speech Therapists. See <https://www.lsvtglobal.com/> for detailed program information

Location: Excelsior Springs, MO 64024 – *Meeting in-person.*

For more information, contact Shannan Conner at (816) 629-2772 or ssanderford@esmc.org.

Fee: No – Insurance Based

Link to website [here](#).

***Bringing Parkinson's Disease Resources & PD-Specific Exercise to Kansas City, KS**

Location: The Parkinson's Exercise and Wellness Center, Overland Park, KS

For more information contact Sarrisa Curry at scurry@thepewc.org.

Link to website [here](#).

***Movement for Parkinson's, Jewish Community Center of Greater Kansas City**

Location: Overland Park, KS 66211

For more information, contact Dawn Aronoff at dawna@thejkc.org

Link to website [here](#).

Parkinson's and the Art of Expression, The Parkinson's Exercise and Wellness Center

Location: Overland Park, KS 66206

For more information, contact Stephanie Goodman at sgoodman@thepewc.org.

Link to website [here](#).

North Kansas City Hospital

Gentle Yoga, Rock Steady Boxing, Yoga for Movement Disorder, Core and Balance

Location: Kansas City, MO – *Meeting in-person.*

For more information, contact Jill Sartain at 816-691-5020 or jill.sartain@nkch.org

Turning Point, A KU Community Resource

Tai Chi, Yoga, Movement.

Location: Leawood, KS

For more information, contact 913-574-0900 or turningpoint@kumc.edu

Link to Website [here](#).

The J, Jewish Community Center

Rock Steady Boxing, Movement, Tai Chi, Chair Yoga, Water Aerobics.

Location: Overland Park, KS 66211

For more information, contact Dawn Aronoff at 913-327-8081 or DawnA@TheJkc.org

Link to Website [here](#).

Core Wellness Institute

General Fitness.

Location: Lee's Summit, MO – *Meeting in-person and online.*

For more information, contact Melanie Crawford at 816-509-1288 or

mjc.nbr@gmail.com

Fee: Yes

Core Balance Yoga

Yoga Basics.

Location: Lee's Summit, MO



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For more information, contact Leah Morgan at 816-213-1014 or corebalanceyoga@gmail.com
Link to website [here](#).

Lakeview Village Parkinson's Alliance, Lakeview Village Foundation,

Location: Lenexa, KS

For more information contact Jackie Halbin at jhalbin@lakeviewvillage.org
Link to website [here](#).

***Community Choir and online music-based resource for people with Parkinson's and their caregivers, CCRC of Lenexa**

Location: Lenexa, KS 66215

For more information, contact Clayton Frans at clayton.frans@westchestervillagelenexa.com.
Link to website [here](#).

Parkinson's Exercise & Wellness Center

Urban Poling, Rock Steady Boxing, Dance, Mat Pilates, Multiple Fitness and Balance Classes. Classes for Caregivers.

Location: Overland Park, KS - *Meeting in-person and online.*

For more information, contact Sarrisa Curry at 913-276-4665 or info@thepewc.org
Link to website [here](#).

The Parkinson's Training Center

Boxing, Cardiovascular Massage and More.

Location: Overland Park, KS

For more information, contact Gary Withall and Kimberly Rodriguez at 913-742-0026.
Link to website [here](#).

LSVT BIG and LOUD

Rehab Hospital of Overland Park

Location: Overland Park, KS 66207 – *Meeting in-person and online.*

For more information, contact Ashley Mahoney, OTR/L at 913-222-4514 or amahoney@pamrehab.com

Brookdale Shawnee

Movers and Shakers.

Location: Shawnee, KS – *Meeting in-person.*

For more information, contact Julie Robinson at 913-248-1500 or jrobinson74@brookdale.com

Fee: No

Link to Website [here](#).

YMCA Greater Kansas City

Multiple programs.

Location: Multiple locations.

Link to website [here](#).

MISSOURI

Columbia



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Human Performance Program - Rock Steady Boxing

Location: Columbia, MO 65203

For more information, contact 573-882-3189 or
mhumanpreformance@health.missouri.edu

Lenoir Community Center

Chair Exercises.

Location: Columbia, MO

For more information, contact Patsy Dalton at 576-356-6036

Excelsior Springs

Excelsior Springs Hospital – LSVT BIG and LOUD

To improve the quality of life for individuals with PD by improving their vocal loudness, walking, self-care and other tasks by helping them "recalibrate" how they perceive their movements with what others actually see.

Location: Excelsior Springs, MO 64024 – Meeting in-person (LOUD sometimes offered online)

Fee: Insurance based

For more information, contact Shannan Conner at (816) 629-2772 or
ssanderford@esmc.org.

Link to website [here](#).

Lake Ozark

Lake Ozark Christian Church

Chair Exercises.

Location: Lake Ozark, MO

For more information, contact Patsy Dalton at 576-356-6036.

North Kansas City

Rehab Without Walls NeuroSolutions

Provides structured LSVT BIG program for people with Parkinson's to improve functional mobility, balance, and safety in their daily lives.

Location: North Kansas City, MO 64116 - Meeting in person

For more information, contact Frank Messina at 816-321-0311 or
frank.messina@rehabwithoutwalls.com

Link to website [here](#).

Springfield

***Mobilizing Music Program, Parkinson's Group of the Ozarks**

Location: Springfield, MO

For more information, contact Cassi Locke at cassi@parkinsonsgroup.org

Link to website [here](#).

ENCORE MUSIC THERAPY CENTER FOR MUSIC THERAPY AND WELLNESS

Location: DRURY UNIVERSITY – Springfield, MO – Meeting online

For more information, contact 417-861-7345



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COX MEYER CENTER – RESONATE DRUMMING THERAPY

No musical experience necessary. Caregivers welcome.

Location: Springfield, MO – Meeting online

For more information, contact 417-269-3282

The Bodysmith - Rock Steady Boxing/Pilates

Location: Springfield, MO – *Meeting in-person.*

For more information, contact Susan at 417-865-0500 or info@bodysmithpilates.com

Link to Website [here](#).

St. Josephs

Freudenthal Center for Parkinson's Disease

Center for people with PD with free exercise and wellness classes.

Location: St. Joseph, MO 64506 – *Meeting in-person.*

For more information, contact Stephanie Stewart at 816-558-0024 or

pdadvocate4you@gmail.com

Fee: No

Link to website [here](#).

St. Louis

***Exercise Programs for Those with Parkinson's Disease, Paraquad, Inc.**

Location: St Louis, MO

For more information, contact Wendi Neckameyer at wneckameyer@paraquad.org.

Link to website [here](#).

Warrensburg

Free Parkinson's Voice Clinic

University of Central Missouri

Location: Warrensburg, MO – *Meeting in-person and online.*

For more information, contact: Dr. Bonnie Slavych or Brenda Dooley at 660-543-4993.

Link to website [here](#).

NEBRASKA

Lincoln

Aging Partners

Various programs (including but not limited to Chair Tai Chi, Yoga, Dynamic Movement, Movement and Music) are offered at several sites around Lincoln. For complete information, contact Aging Partners: 402-441-7070

Bryan LifePointe Fitness Counts

Exercise class for individuals with Parkinson's and Multiple Sclerosis.

Location: Lincoln, NE

For more information, contact Nicole Morton at 402-481-6374 or

Nicole.morton@bryanhealth.org

Fee: Yes

Dance for Parkinson's

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

August 2022



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Location: *Nebraska Ballet Theater and School*

For more information, contact (402) 540-1242.

Link to website [here](#).

Delay the Disease: A Special Class for Those with Parkinson's

Location: YMCA (most branch locations)

For more information, contact Melissa Walker at 402-323-6432.

Fitness Counts: A Special Class for Those with Parkinson's or Multiple Sclerosis

Location: Bryan LifePoint Campus NE 68512 – *Meeting in-person*

For more information, contact Nicole Morton at 402-481-6374 or

Nicole.morton@bryanhealth.org

Fee: Yes

Madonna ProActive

LSVT BIG, Tai Chi, Chair Yoga, Delay the Disease, Pro-Balance

Location: Madonna ProActive – *Meeting in-person and online.*

For more information, contact 402-420-0000 or czedicher@madonna.org

Fee: Depends on Program

Parkinson's Workout Group (Southwest)

General strengthening, and conditioning for people with Parkinson's

Location: Meeting online

For more information, contact Hanna Graham at 402-434-5895 or

hgraham@stetherapy.com

Fee: \$30/month

Rock Steady Boxing

Location: Air Park Recreation Center – *Meeting in-person.*

For more information, contact 402-441-7876 or lincoln@rsbaffiliate.com

Fee: Yes

Link to website [here](#).

Kearney

***Continued Growing the Delay the Disease program at the Kearney Family YMCA**

Location: Kearney, NE

For more information, contact Anne Johnson at ymcakearney@kearneeymca.org.

Omaha

Bellevue Parkinson's Education and Outreach Group - Nebraska Medicine, Nebraska Medical Center

Location: Omaha, NE

For more information, contact Lauren Kesteloot at lakesteloot@nebraskamed.com.

Link to website [here](#).

***Parkinson's Nebraska - Play, Move, and Create Workshop Series**

Location: Omaha, NE

For more information, contact Emmy Smith at emmy@parkinsonsnebraska.org.

Link to website [here](#).



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PDWELL Online Programs

Weekday Online Support Group and Live Exercise Classes

Location: Waterloo & Elkhorn, NE – Meeting online

For more information, contact Cheri Prince at cheprince@ensignservices.net.

Link to website [here](#).

South Sioux City

Delay the Disease

Delay the Disease (DTD) is a twice-weekly fitness program designed to empower people with Parkinson's Disease. Goal is to optimize your physical function and help delay the progression of symptoms.

Location: South Sioux City, NE 68776 – Meeting in-person.

For more information, contact Dawn Welch at 402-404-8439

Fee: Yes

Link to website [here](#).

***Delay the Disease Expansion, Parkinson's Support Group and Care Giver Workshops**

Location: Norm Waitt Sr. YMCA | South Sioux City, NE

For more information, contact Jacque Perez at jperez@nwsymca.org.

Link to website [here](#).

Waterloo

***Coping and Winning, Heartland Neurological Therapy and Wellness Center**

Location: Waterloo, NE

For more information contact Amy Renken at amysrenken@gmail.com.

Link to website [here](#).