

---

## 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](#)



## Heartland 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.

### IOWA

#### **Tremble Clefs-Iowa, a therapeutic singing group** (Updated 9/23)

*Weekly in-person program includes vocal exercises, breathing techniques and movement exercise for people with Parkinson's disease, their caregivers, and their family members. No musical background required to join.*

**Location:** Iowa City, IA 52245

For more information, contact Sun Joo Lee at [sunjoo-lee@uiowa.edu](mailto:sunjoo-lee@uiowa.edu) or 480-274-3206.

#### **Rock Steady Boxing at Grand Living at Bridgewater** (Updated 9/23)

**Location:** Coralville, IA 52241 – Meeting in-person

For more information, contact Shawna Klein at [sklein@grandliving.com](mailto:sklein@grandliving.com) or Ph: (319) 569-0102 x4008

**Fee:** Yes

Link to Website [here](#).

#### **Rock Steady Boxing and Delay the Disease Classes- Senior Star Elmore** (Updated 9/23)

**Location:** Davenport, IA 52807 – Meeting in-person. (Space is limited, please call before attending.)

For more information, contact Nichol Roberts at [nroberts@seniorstar.com](mailto:nroberts@seniorstar.com) or Ph: 563-359-0100

**Fee:** No

Link to website [here](#).

#### **Bittner YMCA, Delay the Disease Training and Education** (Updated 9/23)

*Exercise program for Parkinson's patients focused on strength training and correcting disease-specific physical challenges to retrain the mind and body.*

**Location:** Davenport, IA 52801 – Meeting in person

For more information, contact Dusty Mueller at [dmueller@ymcaimv.org](mailto:dmueller@ymcaimv.org) or Ph: 563-322-7171

**Fee:** Free to YMCA members.

#### **Genesis Physical Therapy** (Updated 9/23)

*Fun & Functional Fitness, LSVT BIG and LOUD, and SPEAK OUT*

**Location:** Davenport, IA 52804 – Meeting in-person.

For more information, contact Pam Glasgow at [glasgow@genesishealth.com](mailto:glasgow@genesishealth.com) or Ph: 563-421-3495

**Fee:** Yes

#### **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, dancing, 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](mailto:esteg@iastate.edu).

Link to Website [here](#).

#### **Cedar Rapids Metro Parkinson's Association**

*Support groups, exercise and wellness. Classes include Movement with PD, Walk Balance and Stretch, Chair Yoga for PD, PD Dance, and ParkinSingers Vocal Exercise.*

**Location:** Cedar Rapids, IA 52404 – Meeting in-person and online.

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

[kriscameron@crmetroparkinsons.com](mailto: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](#).

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

August 2023



## Heartland 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.

### **\*Tele-Dyadic-Tai Chi program for people with mild to moderate Parkinson disease, Allen College** (Updated 8/23)

The Tele-Tai Chi (Tele-TC) program is purposed to involve both the person with PD and his/her caregiver as a dyad to participate in this free interactive virtual TC program. The program will also invite healthcare professionals to give a PD-related talk on the last Thursday of each month, encourage participants to watch PD-related expert briefing webinars which are saved as a list that can be watched via YouTube.

**Location:** Waterloo, IA – Meeting online

**Fee:** None

For more information, contact Hao Liu at [howe.liu@unthsc.edu](mailto:howe.liu@unthsc.edu).

Link to Website [here](#).

### **Total Parkinson's, Mercy Health Fitness** (Updated 8/23)

Total Parkinson's, a Total Healthworks program, is an evidenced-based wellness program developed by Jackie Russell and David Zid (formerly with Delay the Disease). This exercise program empowers people with Parkinson's disease to live better, experience new levels of hope by optimizing function and restoring independence.

**Location:** Clive, IA 50325 – Meeting in-person

**Fee:** Free for members. Non-members may attend by purchasing a day pass.

For more information, contact (515) 226-9622.

Link to Website [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](mailto: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](mailto: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](mailto: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](mailto:brittney.janicek@okobojymca.com) or 712-336-9622.

Link to website [here](#).



## Heartland 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 Parkinson's Boxing, Young Men's Christian Association of Washington**

**Location:** Washington, IA

For more information contact Teri Hartzler at [thartzler@washingtonty.org](mailto:thartzler@washingtonty.org).

Link to website [here](#).

### **LOUD Crowd Group Program** - Group Speech Therapy for People with *Parkinson's* (Updated 5/23)

**Location:** Meeting online

For more information, contact Kate Chilcote at 319-202-4739 or [katharine.chilcote@westernhome.org](mailto:katharine.chilcote@westernhome.org)

**Fee:** No

Link to website [here](#).

### **LSVT BIG** (Updated 5/23)

**Location:** Cedar Falls, IA 50613

For more information, contact 319-859-9343 or [therapy@westernhome.org](mailto:therapy@westernhome.org)

**Fee:** Insurance based

Link to website [here](#).

## KANSAS

### **The Parkinson's Training Center / Rock Steady Boxing Johnson County** (Updated 11/23)

*PD exercise and wellness classes, Rock Steady Boxing, and PWR! Moves for people with PD and their care partners.*

**Location:** Overland Park, KS

**Fee:** Yes

For more information, contact Gary Withall at 913-381-0210 or [gary.withall@jqsbf2.com](mailto:gary.withall@jqsbf2.com)

Link to Website [here](#).

### **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](mailto: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](mailto: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](mailto: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](#).



## Heartland 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.

### **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](mailto: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](mailto:elaine.ptacek@gmail.com).

Link to website [here](#).

### **Parkinson's Voice Group/Conversation Group**

*KUMC Department of Hearing and Speech*

**Location:** Meeting online

To reserve a spot, contact Laura Melo at [lmelo@kumc.edu](mailto: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](mailto: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](mailto:wichita@rsbaffiliate.com)

**Fee:** Yes

### **Abilene Physical Therapy and Sports Rehab (Updated 5/23)**

**Location:** Abilene, KS

For more information, contact Tonya Mills 785-263-3646.

Link to Website [here](#).

### **Power with Parkinson's Fitness Classes, Genesis Health Cub West Central-Wichita (Updated 5/23)**

**Location:** Wichita, KS 67212

**Fee:** Yes

For more information, contact Natira Treadwell at 316-670-6659 or

[ntreadwell@genesishealthclubs.com](mailto:ntreadwell@genesishealthclubs.com)

## **METRO KANSAS CITY (including MO, KS listings)**

### **\*Art Therapy Program for Parkinson's Disease patients, Saint Luke's Foundation (Updated 8/23)**



## Heartland 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.

Saint Luke's Marion Bloch Neuroscience Institute, through support from the Parkinson's Foundation, offers art therapy classes specially designed for people with Parkinson's. These classes will incorporate a variety of art media, including painting, clay, and collage, and are designed to enhance the quality of life for PD patients by fostering community, boosting self-confidence, increasing emotional stability, and allowing for both self-reflection and self-expression. Classes are taught by Kaley Wajcman, a board certified registered art therapist. Classes are free of charge, and art supplies and refreshments are provided. Spouses, caregivers, or other companions are welcome to attend and participate.

**Location:** Kansas City, MO 64111 – Meeting in-person

**Fee:** None

For more information, contact Daniel Malanowski at [dmalanowski@saint-lukes.org](mailto:dmalanowski@saint-lukes.org) or (816) 932-5100. Link to Website [here](#).

### **\*Bringing Parkinson's Disease Resources & PD-Specific Exercise to Kansas City, KS, The Parkinson's Exercise and Wellness Center (Updated 8/23)**

Rock Steady Boxing, Kansas City, KS (RSB KCK) is a Parkinson's-dedicated 501(c)(3) nonprofit gym providing educational programs and exercise classes to people with PD living in Wyandotte County, KS. As an extension of the Parkinson's Exercise & Wellness Center in Overland Park, KS, this affiliate aims to provide resources and raise awareness of Parkinson's Disease in Kansas City, KS. Further, the RSB KCK program will provide several weekly Rock Steady Boxing classes. The program will also provide the first Spanish-language Parkinson's exercise program in the area.

**Location:** Overland Park, KS

**Fee:** \$75 per month, scholarships available

For more information, contact Sarrisa Curry at [scurry@thepewc.org](mailto:scurry@thepewc.org).

Link to Website [here](#).

### **Core Balance Yoga**

*Yoga Basics.*

**Location:** Lee's Summit, MO

For more information, contact Leah Morgan at 816-213-1014 or [corebalanceyoga@gmail.com](mailto:corebalanceyoga@gmail.com)

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](mailto:mjc.nbr@gmail.com)

**Fee:** Yes

### **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](mailto:alexandriaarnold@es-prcc.com)

**Fee:** Yes (Community Center Membership)

Link to website [here](#).

### **Excelsior Springs Hospital - LSVT**

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](mailto:ssanderford@esmc.org).

**Fee:** No – Insurance Based

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

August 2023



## Heartland 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](#).

### **\*Lakeview Village Parkinsons Alliance, Lakeview Village Foundation** (Updated 8/23)

*Our goal is to create a "one stop shop" for all levels of those with Parkinson's disease. Lakeview Village Parkinson's Alliance will create a partnership between Lakeview Village, Parkinson's clients, and caregivers focusing on improving the lives of those with Parkinson's disease. Lakeview Village Parkinson's Alliance will offer many levels of programming because we know one size does not fit all. We know exercise is medicine and having a team to motivate, assess, goal set and foster a positive environment is key to consistency and consistency is a key component of treatment for those tackling Parkinson's disease. Our program offers each client a complete assessment and recommends activity based on the individual's performance.*

**Location:** Lenexa, KS

**Fee:** None

For more information, contact Jackie Halbin at [jhalbin@lakeviewvillage.org](mailto:jhalbin@lakeviewvillage.org).

Link to Website [here](#).

### **\*Movement Improvement: Motor & Non-Motor Movement Program, Turning Point; The Center for Hope** (Updated 8/23)

*Movement Improvement: Motor & Non-Motor Movement Program: Join Turning Point for bi-weekly 60-minute virtual exercise and T'ai Chi wellness sessions to learn how to strengthen and protect the movements that underly everyday life for persons with Parkinson's disease. Movement Improvement participants will use several evidence-supported exercise practices to maintain and increase motor control skills, build strength, increase balance, and improve coordination. Alongside physical exercise, Turning Point facilitators will include opportunities to engage and strengthen mental and emotional health, incorporating techniques to enhance resilience and quality of life. Movement Improvement skills can be taken out of the classroom and into your daily lives through sports, hobbies, and with others. Movement Improvement classes are free and offered twice weekly from June 2023 – July 2024.*

**Location:** Leawood, KS – Meeting online

**Fee:** None

For more information, contact Jill VonFange at [jvonfange@kumc.edu](mailto:jvonfange@kumc.edu) or (913) 574-0900.

Link to Website [here](#).

### **\*Movement for People with Parkinson's, The Jewish Community Center of Greater Kansas City** (Updated 8/23)

*Parkinson's Programming at the J offers a variety exercise classes for people living with Parkinson's disease. Intense exercise has been proven to help decrease and delay the symptoms associated with Parkinson's disease. Currently we offer Rock Steady Boxing at the three different intensity levels so that we can serve a wide range of boxers of all abilities. Additionally, we offer Pedaling for Parkinson's during evenings and weekends so that those working can attend an exercise program that offers intensity.*

**Location:** Overland Park, KS – Meetign in-person and online

**Fee:** \$360 per year, Community Grant covers cost

For more information, contact Dawn Aronoff at [dawna@thejkc.org](mailto:dawna@thejkc.org).

Link to Website [here](#).



## Heartland 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 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](mailto:sgoodman@thepewc.org).

Link to website [here](#).

### **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](mailto:lmelo@kumc.edu) or 913-588-5937.

### **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](mailto:jill.sartain@nkch.org)

### **Reading and Conversation Group**

*KUMC Department of Hearing and Speech*

**Location:** Meeting online

To reserve a spot, contact Laura Melo at [lmelo@kumc.edu](mailto:lmelo@kumc.edu) or 913-588-5937.

Questions about the group can be sent to Melanie Somogie at [MSomogie@kumc.edu](mailto:MSomogie@kumc.edu).

### **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](mailto:DawnA@TheJkc.org)

Link to Website [here](#).

### **Turning Point, A KU Community Resource**

*Tai Chi, Yoga, Movement.*

**Location:** Leawood, KS

For more information, contact 913-574-0900 or [turningpoint@kumc.edu](mailto:turningpoint@kumc.edu)

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](mailto: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](mailto:info@thepewc.org)

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](mailto:amahoney@pamrehab.com)





## Heartland 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.

### **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](mailto:jrobinson74@brookdale.com)

**Fee:** No

Link to Website [here](#).

### **YMCA Greater Kansas City**

*Multiple programs.*

**Location:** Multiple locations.

Link to website [here](#).

### **Johnson County Rehab Parkinson's Support- LSVT and Big and Loud** (Updated 6/23)

*Physical/Occupational/Speech therapy for individuals with Parkinson's Disease, including Big and Loud/LSVT*

**Location:** Overland Park, KS 66210– *Meeting in-person* 2<sup>nd</sup> Wednesday each month at 4pm.

For more information, contact Stephanie Valente at 913-372-7815 or [svalente@johnsoncounty-rehab.com](mailto:svalente@johnsoncounty-rehab.com)

**Fee:** No

Link to Website [here](#).

## MISSOURI

### Branson

#### **Parkinson's Yoga and Exercise Group** (Updated 10/23)

*Caregivers welcome to join.*

**Location:** Claybough Plaza Mall, Branson West, MO – *Meeting in-person.*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

### Columbia

#### **Human Performance Program - Rock Steady Boxing**

**Location:** Columbia, MO 65203

For more information, contact 573-882-3189 or [muhumanpreformance@health.missouri.edu](mailto:muhumanpreformance@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](mailto:ssanderford@esmc.org).

Link to website [here](#).



## Heartland 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.

### 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](mailto:frank.messina@rehabwithoutwalls.com)

Link to website [here](#).

### Springfield

#### **Parkinson's Yoga** (Updated 10/23)

**Location:** King's Way Methodist Church in Springfield, MO – *Meeting in-person.*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

#### **Parkinson's Therapy Exercise Classes** (Updated 10/23)

**Location:** F8 Training in Springfield, MO – *Meeting in-person.*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

#### **Rock Steady Boxing/Pilates** (Updated 10/23)

*A physical assessment is required before starting Rock Steady Boxing or Pilates.*

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

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

#### **\*Rockin' the Rhythm** (Updated 10/23)

*Parkinson's Group of the Ozarks (PGO), a nonprofit organization based out of Springfield, Missouri, has partnered with The Bodysmith, to offer Rockin' the Rhythm to Parkinson's families in the Ozarks.*

*Rockin' the Rhythm consists of a weekly, on-going dance class designed to enhance overall movement ability, expand coordination and balance with auditory cueing, and improve brain function by stimulating the senses through rhythmic creative expression for people diagnosed with Parkinson's disease. Care partners are encouraged to attend not only as a dance partner, but to also provide motivational support for their loved one. No dance experience is necessary.*

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

**Fee:** None

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

#### **Drumming Therapy & Encore! Music Therapy** (Updated 10/23)

No musical experience necessary. Caregivers welcome to join.



## Heartland 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:** Drury University, Springfield, MO—*Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#)

## St. Joseph

### **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](mailto:pdadvocate4you@gmail.com)

**Fee:** No

Link to website [here](#).

## St. Louis

### **\*Exercise Programs for Individuals with Parkinson's Disease, Paraquad, Inc.** *(Updated 8/23)*

*The Stephen A. Orthwein Center is a fully accessible facility offering exercise classes, workshops, and adapted equipment to improve the quality of life for individuals with disabilities and for older adults. Our highly trained staff have developed exercise programs and group classes tailored to benefit the needs of individuals with Parkinson's Disease. Our goal is to increase the health outcomes and quality of life for low-income adults in the St. Louis area living with Parkinson's Disease through gym membership scholarships to the Orthwein Center. We will also extend our outreach to area physicians and therapists who diagnose and treat individuals with PD to emphasize the benefits and accessibility of the Orthwein Center programs.*

**Location:** St Louis, MO – Meeting in-person

**Fee:** None

For more information, contact Wendi Neckameyer at [wneckameyer@paraquad.org](mailto: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.*

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

August 2023



## Heartland 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:** Lincoln, NE

For more information, contact Nicole Morton at 402-481-6374 or [Nicole.morton@bryanhealth.org](mailto:Nicole.morton@bryanhealth.org)

**Fee:** Yes

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

**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](mailto: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 [czesedicher@madonna.org](mailto:czesedicher@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](mailto: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](mailto: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@kearneymca.org](mailto:ymcakearney@kearneymca.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](mailto:lakesteloot@nebraskamed.com).

Link to website [here](#).

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

**Location:** Omaha, NE

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

August 2023



## Heartland 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 Emmy Smith at [emmy@parkinsonsnebraska.org](mailto:emmy@parkinsonsnebraska.org).  
Link to website [here](#).

### **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](mailto: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](mailto: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](mailto:amysrenken@gmail.com).

Link to website [here](#).