



Illinois Wellness Programs by City

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](#).*

<u>Aurora</u>	<u>Lake Forest</u>
<u>Barrington</u>	<u>Lake Zurich</u>
<u>Bolingbrook</u>	<u>Lindenhurst</u>
<u>Buffalo Grove</u>	<u>Naperville</u>
<u>Carol Stream</u>	<u>Northfield</u>
<u>Chicago</u>	<u>Oak Forest</u>
<u>Crystal Lake</u>	<u>Olympia Fields</u>
<u>Deerfield</u>	<u>Orland Park</u>
<u>DeKalb</u>	<u>Ottawa</u>
<u>Des Plaines</u>	<u>Peru</u>
<u>Elgin</u>	<u>Schaumburg</u>
<u>Evanston</u>	<u>Springfield</u>
<u>Geneva</u>	<u>Skokie</u>
<u>Gibson City</u>	<u>Wilmette</u>
<u>Glenview</u>	<u>Willowbrook</u>
<u>Huntley</u>	<u>Wheeling</u>

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 Midwest@parkinson.org.

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AURORA

Exercising for Better Balance & Strength, Fox Valley Park District (updated May 2023)

This class is designed to help you improve your quality of life for added strength, balance, flexibility, and mobility using intentional movement for physical wellness. Those who most benefit from this class is those with balance problems or other movement disorders and those living with Parkinson's disease. All ability levels are welcome. Please bring a water bottle and tennis shoes. The class can be done seated or standing. Chairs are provided.

Location: Aurora, IL 60506 – Meeting in-person

Fee: Yes

For more information, contact Danielle Nachtigall at (630) 978-3594 or

dnachtigall@fvpd.net.

Link to Website [here](#).

Rush Copley Foundation, Group Exercise Programs for Parkinson's Disease

Location: Aurora, IL

For more information, contact Maryll Moon at maryll.moon@rushcopley.com, or Cheryl Nelson Rerko at (630) 499-6681 or cherly_e_nelson_rerko@rush.edu.

Link to Website [here](#).

Rush Copley/Healthplex

Rock Steady Boxing, Mind/Body Training, Aqua Move

Location: Aurora, IL

Fee: No

For more information, contact (630) 499-6681

Rush Copley/Waterford Place, Art therapy, music therapy

Location: Aurora, IL

Fee: No

For more information, contact Cheryl Nelson Rerko at (630) 499-6681 or

cherly_e_nelson_rerko@rush.edu.

Rush Copley Movement Disorders Support Services, Rush-Copley Foundation

Location: Aurora, IL

For more information, contact Alexander Pope at Alexander.Pope@rushcopley.com.

Link to Website [here](#).

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

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Rush Copley Medical Center Hybrid Movement Disorders Program

If you are living with Parkinson's disease or other movement disorders, Rush Copley's Movement Disorders Program offers support and programming in a hybrid format- both in person and online.

Location: Aurora, IL 60504 - Meeting in-person and online

For more information contact Cheryl at 360-499-6681 or

[Cheryl E Nelson Rerko@rush.edu](mailto:Cheryl_E_Nelson_Rerko@rush.edu).

BARRINGTON

The Neurobalance Center

Fitness and boxing

Location: Barrington, IL

Fee: Yes

For more information, contact 847-800-6162 or info@neurobalancecenter.org.

BOLINGBROOK

Chicago Movement Specialists

Private/Semi-Private Exercise Classes

Location: Bolingbrook, IL

Fee: Yes

For more information, contact Andrea Karr at 630-410-1128 or

Chicagomovementspecialists@gmail.com.

Link to Website [here](#).

BUFFALO GROVE

Belmont Village Senior Living

Parkinson's Exercise Class

Location: Buffalo Grove, IL

Fee: No

For more information, contact Lida Cardella at 847-537-5000 or

llo8@westongroupinc.com.

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CAROL STREAM

Motivate Through Music!

"Motivate Through Music!" is a research-based program designed to help people with Parkinson's Disease (PD) improve their mood, regain interests, connect with others and to improve or maintain skills that may have been affected by PD.

Location: Carol Stream, IL - Meeting online

Fee: Free

For more information, contact Linda Jedrzejek at 630-277-2435 or

Linda@neurohealthmusic.com.

Link to Website [here](#).

CHICAGO

GO! Tango PD

GO! Tango P.D. is a movement initiative designed to improve the quality of life of people living with Parkinson's. Spanish tango classes are also available.

Location: Chicago, IL - Meeting in-person and online

For more information, contact Issa Perillo, issa@gotangopd.org

Link to Website [here](#).

Establishing the Chicago Movement Coalition for Parkinson's disease and clinical trial education in under-represented communities, Northwestern University Feinberg School of Medicine

Location: Chicago, IL

For more information, contact Danielle N Larson at danielle.larson@northwestern.edu.

Link to Website [here](#).

Examining the Inpatient Experience of Latinx and Spanish-Speaking Parkinson's disease Patients, Rush University Medical Center

Location: Chicago, IL

For more information, contact Jori Fleisher at jori_fleisher@rush.edu

Link to website [here](#).

Fostering Sustainable Neighborhood Partnerships for Parkinson's Disease Education and Support among Chicago's Underserved Minority Communities, Rush University Medical Center

Location: Chicago, IL

For more information, contact Mitra Afshari at mitra_afshari@rush.edu.

Link to Website [here](#). Link to schedule of upcoming education programs [here](#).

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Hubbard Street Dance

Hubbard Street's Parkinson's Project

Location: Chicago, IL

Fee: No

For more information, contact 312-850-8744 ext. 194 or

adaptivedance@hubbardstreetdance.com.

Link to Website [here](#).

***Información para el Desarrollo Educativo y Apoyo Social en la comunidad afectada por Parkinson (IDEAS en español), Rehabilitation Institute of Chicago dba Shirley Ryan AbilityLab (updated August 2023)**

Our program, Información para el Desarrollo Educativo y Apoyo Social en la comunidad afectada por Parkinson (IDEAS en Español), will provide Spanish-language education and support about Parkinson's disease (PD) in an interactive format. The 8 "live"/virtual sessions will focus on key topics in PD regarding the importance of mental health, strategies for navigating one's diagnosis and PD motor and non-motor symptom management, and the role of non-pharmacological therapies for PD symptoms and mental wellbeing. Expert speakers and instructors will guide these sessions with talks, activities, and question and answer panels. Sessions will also be available as recorded webinars for viewing.

Location: Chicago, IL – Meeting in-person and online

Fee: None

For more information, contact Miriam Rafferty at (312) 238-1000.

Link to Website [here](#).

JCC Chicago/Hyde Park

Strength & Balance and Silver Sneakers program.

Location: Chicago, IL

Fee: Yes

For more information, contact 312-503-3239 (voicemail)

Kinetic Balance

Location: Chicago, IL 60610- Meeting in-person

We have small group training and boxing programs.

Fee: Yes

For more information, contact Trent Thenhaus at 312-833-1409 or

kineticbalancechicago@gmail.com.

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Mental Health and Support for PD Patients in Chicagoland of African Ancestry, Rush University Medical Center

Location: Chicago, IL

For more information, contact Deborah Hall at Deborah_A_Hall@rush.edu.

Movement Revolution/Movement Physical Therapy

Spin for Parkinson's

Location: Lincoln Park Fitness Center - Chicago, IL

Fee: Yes

For more information, contact Olivia at 312-465-3921 or Olivia@movement-revolution.com.

Nia (Neuromuscular Integrative Action)/Sara Shafran-2 locations

Lakeview YMCA and Galter Life Center

Location: Chicago, IL

Fee: Yes

For more information, contact Sara Shafran at 773-895-5656.

Link to Website [here](#).

Northwestern Medicine/Northwestern Memorial Hospital (NMH)

Educational Programs

Location: Chicago, IL

For more information, contact 312-695-1822.

Link to Website [here](#).

Old Town School of Folk Music

Memory Singers and Rhythmicity

Location: Chicago, IL 60625

Fee: Yes

For more information, contact 773-728-6000.

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***PD Caregiver Boot Camp Series, Northwestern University Feinberg School of Medicine** (updated August 2023)

The ultimate goal of our community program is to develop a Parkinson's care partner/caregiver boot camp series designed to provide educational insights related to topics such as the role of a caregiver, daily challenges in caring for someone with PD, and psychological aspects of caregiving. The program will provide an opportunity to ask questions and provide care partners strategies to cope and assist a loved one living with Parkinson's. The program will be offered virtually and will entail a consecutive weekly series of interactive webinars with topic-related specialists; the number of webinar sessions, and topics, will be determined with input of care partners.

Location: Chicago, IL – Meeting online

Fee: None

For more information, contact Danny Bega at danny.bega@nm.org.

Link to Website [here](#).

Performance in Motion

Neurologic therapy program.

Location: Chicago, Highland Park, IL

Fee: Yes

For more information, contact 312-877-5767 or support@teampim.com.

Link to Website [here](#).

Shirley Ryan Abilitylab/Adaptive Sports & Fitness Center

PWR! Fit, Exercise PD, PROACTIVE PD Exercise Class

Location: Chicago, IL 60611- Meeting in-person and online

Fee: Yes

For more information, contact (312) 238-5001 or (312) 238-5003.

Link to Website [here](#).

***Virtual Interactive Educational Series on Non-Motor Symptoms for Spanish-Speaking Parkinson's Disease Patients and Their Families, Rush University Medical Center** (updated August 2023)

For non-English speaking PD patients, the paucity of patient knowledge and insight on the disease is exacerbated by a language barrier. Recognizing that PD education is not widely available for Spanish-speaking PD patients in their native tongue, we aim to develop and execute a culturally-sensitive virtual interactive educational lecture series IN SPANISH for PD patients and their families to expand knowledge in the following THREE important areas, comprised of three one-hour lectures delivered by Spanish-speaking experts every three months: (1) Non-Motor Symptoms Related to Mental Health in PD: This lecture includes discussion of anxiety, depression, apathy, cognitive

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dysfunction, hallucinations, and select autonomic symptoms. (2) Discussing and Breaking Hispanic/Latinx Cultural Stigmas Related to PD: This lecture will center around cultural stigmas that come into play with respect to PD non-motor symptoms discussed in the preceding lecture. (3) Available Therapies for Mental Health in PD: This lecture will discuss pharmacologic and non-pharmacologic therapies for previously discussed non-motor symptoms, including allied health resources and support.

Location: Chicago, IL – Meeting online

Fee: None

For more information, contact Mitra Afshari at mitra_afshari@rush.edu.

Link to Website [here](#).

CRYSTAL LAKE

Crystal Lake Health and Fitness Center

Rock Steady Boxing

Location: Crystal Lake, IL 60014 - Meeting in-person

For more information contact 815-444-2900

Link to website [here](#).

Fight Back Inc

A holistic approach to Parkinson's disease that focuses on: Exercise, Healthy Lifestyle, Nutrition, and Mental Health.

Location: Crystal Lake, IL

Fee: Yes

For more information, contact Alex V at 877-826-4477 or alex@fightbackinc.com.

Link to Website [here](#).

DEERFIELD

Movement Revolution/Neuro Intensive Training Center

PWR! Moves, Rock Steady, Yoga, Fitness training

Location: Deerfield, IL

Fee: Yes

For more information, contact 312-465-3921 or email eric@movement-revolution.com.

Link to Website [here](#).

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Shirley Ryan Abilitylab/Zion Lutheran Church

Exercise for PD, PWR! Fit

Location: Deerfield, IL

Fee: Yes

For more information, contact 312-238-5001.

Link here – www.sralab.org/services/adaptive-sports-and-fitness-program

PD Jump Start Initiative, mvmtRevolution LLC (dba Movement Revolution)

Location: Deerfield, IL

For more information, contact Eric Johnson at eric@movement-revolution.com

Link to website [here](#).

DEKALB

Kishwaukee Health and Wellness Center

Rock Steady Boxing

Location: DeKalb, IL 60115 - *Meeting in-person*

For more information contact 815-754-1098

Link to website [here](#).

DES PLAINES

Move the Beat

PWP (people with Parkinson's) and their dance partners experience an individualized dance lesson tailored to their interests with one of our certified dance instructors.

Location: Des Plaines, IL 60016 - *Meeting in-person and online*

Fee: Yes

For more information, contact Natalie Gilberto-Biasi at 630-476-9535 or

info@movethebeat.com.

Link to Website [here](#).

ELGIN

Rock Steady Boxing/Eastside Reaction Center

Rock Steady Boxing Chicago

Location: Elgin, IL

Fee: Yes

For more information, contact 630-205-0137 or chicago@rsbaffiliate.com.

Link to Website [here](#).

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EVANSTON

Shirley Ryan AbilityLab/Dance Center Evanston

PWR! Fit

Location: Evanston, IL

Fee: Yes

For more information, contact 312-238-5001.

Link to Website [here](#).

GENEVA

Delnor Health and Fitness Center

Rock Steady Boxing

Location: Geneva, IL

Fee: No (registration is required)

For more information, contact 630-938-9000.

Link to Website [here](#)

Sunset Community Center (Geneva Park District)

Exercising with Parkinson's

Location: Geneva, IL

Fee: Yes

For more information, contact 630-232-4542.

Link to Website [here](#).

Rock Steady Boxing/HealthTrack

Location: Glen Ellyn, IL

Fee: Yes

For more information, contact 630-205-0137 or chicago@rsbaffiliate.com.

Link to Website [here](#).

Community-Based Parkinson's Programming - YMCA and Northwestern Medicine Collaboration Phase 2, YMCA of Northwestern DuPage County

Location: Glen Ellyn, IL

For more information, contact: Katie Sivak at ksivak@ryallymca.org

Link to website [here](#).

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GIBSON CITY

Gibson Area Hospital Therapy Services

Location: Gibson City, IL 60936 - *Meeting in person*

For more information, contact 217-784-2650

Link to website [here](#).

GLENVIEW

Glenview Park District

PWR! Cardio, PWR! Moves, Cardio

Location: Glenview, IL - *Meeting online*

Fee: Yes

For more information, contact Drew at 847-502-0630 or niceguytraining@ameritech.net.

Link to Website [here](#).

HUNTLEY

Huntley Health and Fitness Center

Rock Steady Boxing

Location: Huntley, IL 60142 - *Meeting in-person*

For more information contact 815-444-2900

Link to website [here](#).

LAKE FOREST

Northwestern Medicine/Lake Forest Hospital (LFH)

Rock Steady Boxing, Strength and Balance, Pedal for Parkinson's, Stride and Strength, Seated Cardio, Moves in Motion, TRX, PWR! Moves and Yoga for PD.

Location: Lake Forest, IL 60045 - *Meeting in-person*

For more information, contact 847-535-7064.

LAKE ZURICH

Parkinson's Fitness Program (updated June 2023)

High intensity boxing and circuit training classes.

Location: Lake Zurich, IL 60047 - *Meeting in-person*

Fee: Yes

For more information, contact Kelly Gschwend at (309) 634-8617 or

kgschwend2810@gmail.com.

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LINDENHURST

Northwestern Medicine/Lindenhurst Health & Fitness Center- Pedal for Parkinson's

Location: Lindenhurst, IL

Fee: No

For more information, contact 847-5335-7140 or asimone@nm.org.

Link to Website [here](#).

NAPERVILLE

NeuroFlex Fitness Program

Managing neurological conditions through active movement and community support.

Location: Naperville, IL - Meeting in-person and online

Fee: Yes

For more information, contact Kimberly Monti at 630-995-8913 or

kmonti@napervilleparks.org

OAK FOREST

Elliot Fitness Enterprise

To maintain and/improve their mobility safely and overall fitness level and to feel good about themselves through this journey. To feel more comfortable doing their activities of daily living better.

Location: Oak Forest, IL 60452

Fee: Yes

For more information, contact Roger Bradley at 708-655-5498 or

rogere.bradley@comcast.net.

Link to Website [here](#).

OLYMPIA FIELDS

Temple Anshe Sholom

Dance for Parkinson's

Location: Olympia Fields, IL

Fee: Yes

For more information, contact Louise Boyd 219-427-6108.

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ORLAND PARK

Orland Park Health and Fitness Center

Parkinson Exercise Class - Location also has a warm water therapy pool.

Location: Orland Park, IL

Fee: Yes

For more information contact 708-226-0555.

OTTAWA

*Ottawa YMCA of Illinois Rock Steady Boxing, YMCA of Ottawa Illinois (updated August 2023)

YMCA of Ottawa Illinois offers a specialized program for the Parkinson's community called "Rock Steady Boxing". This evidence-based program helps teach participants how to move better in everyday life to counteract PD symptoms. Our participants are challenged physically and cognitively to do more than they ever thought they could. Non-contact Parkinson's boxing programs, like Rock Steady Boxing, provide education and student-specific training to help people with Parkinson's improve their gross motor skills, balance confidence, and mental sharpness.

Location: Ottawa, IL – Meeting in-person and online

Fee: None

For more information, contact Karen Szewczuk at karenszewczuk@ottawaymca.org.

Link to Website [here](#).

PERU

Rock Steady Boxing for Parkinson's, Illinois Valley YMCA

Location: Peru, IL

For more information, contact David P. Potthoff at d.potthoff@comcast.net.

Link to Website [here](#).

SCHAUMBURG

AFSHI Method

Yoga for Parkinson's Class

Location: Schaumburg, IL

Fee: Yes

For more information, contact Afshi Khan at 847-660-3070 or

afshimethod@comcast.net.

Link to Website [here](#).

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YMCA (Alfred Campanelli)

Indoor Cycling for Parkinson's disease

Location: Schaumburg, IL

For more information, contact Timothy Reed or Tiffany Johnson at (847) 891-9622, (630) 917-7617 or timr@gcfymca.org.

SKOKIE

CJE Senior Life/Lieberman Center for Health and Rehabilitation

Dance & Movement, Tai Chi, Basic Exercise, and Storytelling through The Arts

Location: Skokie, IL

Fee: No

For more information, contact Cindy Pedersen at 847-929-3022 or cindy.pedersen@cje.net.

SPRINGFIELD

FitClub

*Our **Parkinson's Training Program** brings together all of the elements of the exercise recommendation made by the American College of Sports Medicine (ACSM) and recognized by the Parkinson's Foundation for the improvement of both motor and non-motor symptoms of Parkinson's Disease. Sessions include group personal training, yoga, and nutritional counseling.*

Location: Springfield, IL 62704

Fee: Yes

For more information, contact (217) 787-8348, (217) 787-1111, or (217) 788-8250.

WILMETTE

Traditional Karate Club of Wilmette

Breakthrough Karate for Parkinson's

Location: Wilmette, IL – Meeting online

Fee: Yes

For more information, contact Steve Eisenstein at 847-251-4800 or sjeisen@gmail.com



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WILLOWBROOK

InspirFit/ Spire CrossFit

Parkinson's Fitness Classes. Training, boxing, and virtual classes.

Location: Willowbrook, IL - *Meeting in-person and online*

Fee: Yes

For more information, contact Nancy Timko at 630-794-9663 or

nancy@inspirfitness.com.

Link to Website [here](#).

WHEELING

Rock Steady Boxing/Marvelous Fight Studio, LLC

Rock Steady Boxing

Location: Wheeling, IL

Fee: Yes

For more information, contact Laura Strykowski at 224-676-0637.

Link to Website [here](#).