



Indiana 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>Bloomington</u> <u>Brownsburg</u> <u>Crawfordsville</u> <u>Evansville</u> <u>Fort Wayne</u> <u>Fishers</u> <u>Greenwood</u>	<u>Indianapolis</u> <u>Lebanon</u> <u>Munster</u> <u>Noblesville</u> <u>Vincennes</u> <u>West Lafayette</u> <u>Zionsville</u>
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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.

September 2022



Indiana Local Wellness Groups

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.

BLOOMINGTON

IU Health

Rock Steady Boxing Bloomington

Location: Bloomington, IN 47403

For more information contact, MJ Bertrand- 812-353-5664, iuhb@rsbaffiliate.com

Parkinson's Wellness Center

Serving people diagnosed with PD, at beginning & moderate levels with vibrant classes & support groups. Offers multiple exercises, activities, education, resources, and hope for stronger bodies & minds.

Location: Bloomington, IN 47404 – Meeting online

For more information contact, Carolyn Utesch at 260-710-4932 or carolyn@parkinsonswellnesscenter.com.

Link to Website [here](#).

BROWNSBURG

Rock Steady Boxing of Brownsburg

Rock Steady Boxing fitness program for persons with Parkinson's

Location: Brownsburg, IN 46112- Meeting in-person

Fee: Yes

For more information contact, Nicole Ross at 317-939-0166 or brownsburg@rsbaffiliate.com.

CRAWFORDSVILLE

Whitesville Christian Church

The Climb Parkinson's Exercise

Location: Crawfordsville, IN 47933

For more information contact, 765-362-3896

EVANSVILLE

Pedaling for Parkinson's

Pedaling for Parkinson's is a 1 hour cycling class focusing on maintaining a consistent RPM and improving endurance. Classes offered at the Ascension St Vincent YMCA and Dunigan Family YMCA.

Location: Evansville, IN 47708 - Meeting in-person.

Fee: Yes

For more information, contact Meghan Craven at 812-492-6710 or craven@ymcaswin.org.

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

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Link to website [here](#).

Ascension St Vincent YMCA

Rock Steady Boxing Evansville

Location: Evansville, IN 47708 – Meeting in-person.

Fee: Yes

For more information contact, Meghan Craven- 812-492-6710,
rocksteady@ymcaswin.org or craven@ymcaswin.org.

Link to Website [here](#).

FISHERS

iCLIMB

iCLIMB is a subscription-based exercise program focused on improving the quality of life for those with Parkinson's disease.

Location: Fishers, IN 46038 – Meeting in-person and online

Fee: Yes

For more information contact, Addie Cunningham at 317-690-0315 or
addie@indianaparkinson.org.

Link to Website [here](#).

FORT WAYNE

Turnstone Center

Ft. Wayne Exercise & Speech Therapy Classes

Location: Ft. Wayne, IN 46805

For more information contact, Dan & Ruby Spangler, 260-486-4893
dspangler16@frontier.com.

Lutheran Life Villages

Rock Steady Boxing Ft. Wayne

Location: Fort Wayne, Indiana 46816

For more information contact, Whitley Mikolay- 260 557-1016,
wmikolay@lutheranlifevillages.org.

GREENWOOD

Mount Pleasant Christian Church, Community Life Center

The Climb South Parkinson's Exercise

Location: Greenwood, IN 46142

For more information contact, Penny Clayton, 317- 881-6778,
pclayton@mpccministry.com.

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The Social of Greenwood

Rock Steady Boxing at the Social

Location: Greenwood, IN 46143- Meeting in-person
For more information contact, Andrea Sutherland-317 882-4810,
greenwood@rsbaffiliate.com.

INDIANAPOLIS

Morningside of College Park

Chair Exercise class

Location: Indianapolis, IN 46268
For more information contact, 317.961.7256

Westminster Village North

Physical Therapy Class

Location: Indianapolis, IN 46236
For more information contact, Dave Bird, 317.823.6841,
jbrewer@westminstervillage.com.

Rock Steady Boxing Gym & Parkinson's Center

Rock Steady Boxing Headquarters

Location: Indianapolis, IN 46250
For more information contact, 317-205-9198, hqgym@rocksteadyboxing.org.

Jewish Community Center

Rock Steady Boxing

Location: Indianapolis, IN 46260
For more information contact, 317-261-3378

Indianapolis at The Body Zone at Community Hospital

Tai Chi for Everyday

Location: Indianapolis, IN 46250
For more information contact, Micah Willhite, 317-621-1635,
mwillhite@ecomunity.com.

Westside Garden Plaza

PD Support Group

Location: Indianapolis, IN 46234
For more information contact, Terri Click at 317-209-2321 or trclick@centurypa.com.

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LEBANON

Witham Wellness Center

Care Partners Support Group

Location: Lebanon, Indiana 46052

For more information contact, 765-485-8126.

MUNSTER

Community Hospital – Physical Therapy Department

Care Partners Support Group

Location: Munster, IN 46321

For more information contact, Priscilla Mulesa at 219-836-3477

NOBLESVILLE

Noblesville Climb

The Climb North

Location: Noblesville, IN 46060

For more information contact, Jada at 317-550-5648, jada@indianaparkinson.org.

*Indiana Parkinson Foundation

Location: Noblesville, IN

For more information, Contact: Addie Cunningham at addie@indianaparkinson.org.

Link to website [here](#).

VINCENNES

Power Through Parkinson's

LSVT BIG, PWR Moves

Location: Vincennes, IN – 47591 – Meeting in-person.

Fee: No

For more information contact, Joy S Uy at 812-830-0668 or joypt_aa@yahoo.com

ZIONSVILLE

Yoga-Zionsville Peace Through Yoga

Care Partners Support Group

Location: Zionsville, IN, 46077

For more information contact, 317-679-1168

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