



Kentucky 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](#).*

Pieces of Hope (Updated January 2024)

Empowering Lives Through Comprehensive Movement and Memory Care.

Location: Bowling Green, KY 42101

Fee: Yes.

For more information, contact Jill Steffey at 270-599-4841 or Jill@piecesofhope.life.

Link to website [here](#).

Bluegrass Parkinson's Alliance Gathering Symposium 2021: The Impact of Mental Health, Lexington Area Parkinson Disease Support Group, Inc

Location: Lexington, KY

For more information, contact Laura Soldato at laura@parkinsonslexington.com

Link to website [here](#).

***Parkinson's Disease Wellness Retreat, Norton Healthcare Foundation Inc**

(updated August 2023)

The Parkinson's Wellness Retreats are designed for people living with Parkinson's disease to discover new ways to achieve wellness in everyday living through such group activities as small/large group discussions/education, yoga, drumming, arts and crafts, games and expanding their social/supportive networks as a means of improving their mental health; overall sense of well-being; and quality of life. This holistic approach to health for people with Parkinson's disease empowers patients to learn coping skills as they engage in the active pursuit of activities that emphasize exercise, movement, manual dexterity while also providing social support and increasing the sense of community, communication and compassion. An added benefit of Wellness Retreats is the support provided to caregivers of the people living with Parkinson's disease as they gain more understanding about the disease progression and learn ways to manage their own well-being physically, socially, mentally and emotionally.

Location: Louisville, KY – Meeting in-person

Fee: None

For more information, contact Susan Cohen at Susan.Cohen@nortonhealthcare.org.

Link to Website [here](#).

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 TNKY@parkinson.org.

January 2024



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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 Support Center of Kentuckiana, Norton HealthCare *(updated December 2022)*

The Parkinson's Support Center of Kentuckiana, a Part of Norton Neuroscience Institute Resource Center, offers resources and classes. These are available to anyone diagnosed with Parkinson's and related movement disorders, regardless of where you receive your care. Registration is limited based on class size.

Location: Louisville, KY 40202 - *Meeting in-person and online*

For more information, contact (502) 559-3221 or PDRegistration@nortonhealthcare.org.
Link to Website [here](#).

Let's Dance

No dance experience is required. Participants do not need to come with a partner. Taught by Physical Therapy students from Bellarmine University.

Location: Louisville, KY 40206

Fee: Free

For more information, contact Nancy Urbscheit at 502-445-7826 or nurbscheit@bellarmine.edu.

Moving Together: A Parkinson's Mentor Program (formerly Parkinson's Disease Buddy Program), Norton Healthcare Foundation Inc.

Location: Louisville, KY

For more information, contact Susan Cohen at susan.cohen@northonhealthcare.org.
Link to website [here](#).

National Parkinsons Institute

Parkinson's specific classes including Rock Steady Boxing, Fight Back with Fitness, Yoga, and Meditation.

Location: Louisville, KY- *Meeting in-person and online*

For more information, contact Eric Richardson at (502) 550-2754 or email Admin@nationalparkinsonsinstitute.com

Link to website [here](#).