



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](#).*

Rock Steady Boxing, Live Active Center

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Bowling Green, KY 42101

For more information, contact Jill Steffey at 270-799-3667 or bowlinggreen@rsbaffiliate.com.

***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 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.

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.

February 2023



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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.

***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- Online and in-person

For more information, contact Eric Richardson at (502) 550-2754 or email

Admin@nationalparkinsonsinstitute.com

Link to website [here](#).