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## Kentucky Wellness Programs

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*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](mailto: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](mailto: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](mailto: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](mailto:TNKY@parkinson.org).

February 2023



### **Kentucky 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 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](mailto: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](mailto: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](mailto: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](mailto:Admin@nationalparkinsonsinstitute.com)

Link to website [here](#).