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## Louisiana Wellness Programs by Parish

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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. This list is not an endorsement or recommendation of a specific resource or service.*

*\*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

[Ascension](#)

[Baton Rouge](#)

[Caddo](#)

[East Baton Rouge](#)

[Grant](#)

[Lincoln](#)

[Monroe](#)

[Orleans](#)

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 [gulfcoast@parkinson.org](mailto:gulfcoast@parkinson.org).

March 2023



## Louisiana Wellness Programs

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### ASCENSION

#### **BIG for Life [Updated March 2023]**

*The program is for Parkinson's Disease patients who have completed the LSVT BIG therapy.*

##### **Locations:**

- Bluebonnet - Baton Rouge, LA 70809
- Mid-City - Baton Rouge, LA 70806

##### **Fee:** Yes

For more information, contact Heather Burdsall [hea486@brgeneral.org](mailto:hea486@brgeneral.org) or

- Baton Rouge General Bluebonnet - (225) 763-4050
- Mid City - (225) 381-6520

### BATON ROUGE

#### **Dance for Parkinson's [Updated March 2023]**

*Free weekly classes for agility, strength and balance. Also, filming community project with simple movements. Join the fun! Of Moving Colors Productions*

**Location:** Baton Rouge, LA 70808

For more information, contact Susan at [parkinsons@ofmovingcolors.org](mailto:parkinsons@ofmovingcolors.org).

Link to website: [www.ofmovingcolors.org/danceforparkinsons](http://www.ofmovingcolors.org/danceforparkinsons)

#### **\*Movement Matters, The Young Men's Christian Association of the Capital Area [Updated March 2023]**

**Location:** Baton Rouge, LA

For more information, contact Laura O'brien at [lobrien@ymca.org](mailto:lobrien@ymca.org)

**Fee:** Yes.

Link to website [here](#).

#### **Sage's Parkinson's Outreach and Wellness Program, Care Plan Oversight dBa Sage Rehabilitation [Updated March 2023]**

*Program will begin April 12, 2023. Designed & implemented by physical, occupational & speech therapists, this program consists of high intensity exercise, functional task training, education, & social engagement specifically tailored to people with PD, Parkinsonism diagnoses & caregivers.*

**Location:** Baton Rouge, LA 70809 - Meeting in-person

For more information, contact Connor Murphy at [cmurphy@sage-rehab.org](mailto:cmurphy@sage-rehab.org) or 225-906-4097.

Link to website [here](#).

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

March 2023



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### CADDO

#### **Rock Steady Boxing [Updated March 2023]**

**Location:** Shreveport, LA 71105 – *Meeting in-person.*

**Fee:** Yes

For more information, contact BHP Billton YMCA at 318-674-9635 or Raymond Lee at [rlee@ymcawla.org](mailto:rlee@ymcawla.org).

### EAST BATON ROUGE

#### **LSU Modified Tai Chi Exercise Program [Updated March 2023]**

*Teach modified Tai Chi moves to help older adults with balance, like people with Parkinson's & peripheral neuropathy.*

**Location:** Baton Rouge, LA 70803 – *Meeting in-person*

**Fee:** Yes

For more information contact Jan Hondzinski at 225-578-9144 or [Jhondz1@lsu.edu](mailto:Jhondz1@lsu.edu).

### GRANT

#### **Rock Steady Boxing B22 [Updated March 2023]**

**Location:** Dry Prong, LA 71423 - *Meeting in-person*

**Fee:** Yes

For more information, contact Bonita Preuett-Armour at 318-899-1222 or [bkparmour@b22fit.com](mailto:bkparmour@b22fit.com)

### LINCOLN

#### **\*Music & Movement with the Parkinson Resource Center at Louisiana Tech University, Louisiana Tech University [Updated March 2023]**

**Location:** Ruston, LA

For more information, contact Donna Hood at [dhoo@latech.edu](mailto:dhoo@latech.edu).

Link to website [here](#).

- **North LA Parkinson's Chorale [Updated March 2023]**

*Singing for enjoyment open to those with PD and care partners. Led by music faculty at Louisiana Tech University.*

**Location:** Ruston, LA 71270-2567 – *Meeting in-person*

**Fee:** No

For more information, contact Donna Hood at [dhoo@latech.edu](mailto:dhoo@latech.edu) or 318-257-4287

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March 2023



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### **Rock Steady Boxing Louisiana Tech University**

**Location:** Ruston, LA 71272 - *Meeting in-person*

**Fee:** Yes

For more information, contact Skylar Temple at 318-257-4634 or

[latech@rsbaffiliate.com](mailto:latech@rsbaffiliate.com)

## MONROE

### **A Comprehensive Training Program for Professionals, staff, and caregivers that provide services to individuals with Parkinson's Disease University of Louisiana at Monroe [Updated March 2023]**

*Provide virtual seminars to students and the community-at-large and answer individual queries relating to Parkinson's Disease.*

**Location:** University of Louisiana at Monroe, Monroe, LA – *Meeting online*

For more information, contact Anita Sharma at [asharma@ulm.edu](mailto:asharma@ulm.edu)

Link to website [here](#).

## ORLEANS

### **\*LOUD for Life, Ochsner Clinic Foundation [Updated March 2023]**

**Location:** New Orleans, LA

For more information, contact Rachel Rayes at [rachael.rayes@ochsner.org](mailto:rachael.rayes@ochsner.org)

Link to website [here](#).

### **NOBA Dance for Parkinson's in New Orleans [Updated March 2023]**

*Creative, enjoyable movement for persons with Parkinson's disease and caregivers, set to live musical accompaniment. Sponsored by the Oscar J. Tolmas Charitable Trust.*

**Location:** New Orleans, LA 70115 – *Meeting in-person*

**Fee:** No

For more information, contact Millette White Lin at 504-522-0996 ext. 213 or

[mwhite@nobadance.com](mailto:mwhite@nobadance.com)

Link to Website [here](#).

### **Rock Steady Boxing New Orleans [Updated March 2023]**

**Location:** Metairie, LA 70001 – *Meeting in-person*

**Fee:** Yes

For more information, contact Tom Douglass at 504-416-4360 or Greg Roniger at

504-237-5105 or [brio@baudrytherapy.com](mailto:brio@baudrytherapy.com)