



Louisiana Wellness Programs by Parish

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.

April 2022



Louisiana 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.

ASCENSION

BIG for Life

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

For more information, contact:

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

BATON ROUGE

***Movement Matters, The Young Men's Christian Association of the Capital Area**

Location: Baton Rouge, LA

For more information, contact Julie Russell at jrussell@ymcabr.org.

Link to website [here](#).

Sage's Parkinson's Outreach and Wellness Program, Care Plan Oversight dBa Sage Rehabilitation

Location: Baton Rouge, LA

For more information, contact Connor Murphy at cmurphy@sage-rehab.org

Link to website [here](#).

CADDO

Rock Steady Boxing

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

Fee: Yes

For more information, contact BHP Billton YMCA at 318-674-9635 or

mharville@ymcawla.org

EAST BATON ROUGE

***Dance for Parkinson's Re: Rosas! Project, Of Moving Colors Productions**

Location: Baton Rouge, LA 70808

For more information, contact LeeAnn Kozan at leeann@ofmovingcolors.org.

Link to website [here](#).



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LSU Modified Tai Chi Exercise Program

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.

GRANT

Rock Steady Boxing B22

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

Fee: Yes

For more information, contact Bonita Preuett-Armour at 318-899-1222 or bkpamour@b22fit.com

LINCOLN

***Music & Movement with the Parkinson Resource Center at Louisiana Tech University, Louisiana Tech University**

Location: Ruston, LA

For more information, contact Donna Hood at dhood@latech.edu.

Link to website [here](#).

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

MONROE

A Comprehensive Training Program for Professionals, staff, and caregivers that provide services to individuals with Parkinson's Disease University of Louisiana at Monroe

Location: University of Louisiana at Monroe, Monroe, LA

For more information, contact Anita Sharma at asharma@ulm.edu

Link to website [here](#).

ORLEANS

***LOUD for Life, Ochsner Clinic Foundation**

Location: New Orleans, LA

*This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636)
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For more information, contact Rachel Rayes at rachael.rayes@ochsner.org

Link to website [here](#).

Metairie Dance for Parkinson's Program- New Orleans Ballet Association

Location: Metairie, LA 70001

Fee: No

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

mwhite@nobadance.com

Link to Website [here](#).

Metairie Exercise Class

Location: Metairie, LA 70006

Fee: Yes

For more information contact Tina Gunando at 504-503-6868

Rock Steady Boxing New Orleans

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

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

504-237-5105 or brio@baudrytherapy.com

New Orleans Dance for Parkinson's

Location: New Orleans, LA 70115 – *Meeting in-person and sometimes online.*

Fee: No

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

mwhite@nobadance.com

Link to Website [here](#).