



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.

March 2023



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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 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.

Link to website: 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

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 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)



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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 rllee@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.

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 bkpamour@b22fit.com



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LINCOLN

***Music & Movement with the Parkinson Resource Center at Louisiana Tech University, Louisiana Tech University** (updated August 2023)

The Parkinson Resource Center (PRC) at Louisiana Tech University is an academic-community partnership that supports the Parkinson's community across north Louisiana. As a primarily rural area, resources specific to the PD population are scarce and those with PD and their care partners are eager to find ways to improve their quality of life and be actively involved in addressing their challenges. The mission of the PRC is to promote a healthy Parkinson's community by connecting people, programs, ideas, and resources. Through this Parkinson's Foundation Community Grant, the PD community in north Louisiana has access to a number of excellent programs. The Music & Movement program follows the model of the Dance for PD international program. The North Louisiana Parkinson's Chorale builds on the foundation of LSVT-LOUD as a regular activity encouraging fun ways. These initiatives are coordinated by Edmond J. Safra Visiting Nursing Faculty and supported by university faculty, students, and professionals in the community.

Location: Ruston, LA – Meeting in-person

Fee: None

For more information, contact Denise Pyles at lpyles@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 [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

Link to website [here](#).



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ORLEANS

***Loud for Life and Big for Life, Ochsner Clinic Foundation** (updated August 2023)

LSVT LOUD for Life is a once a week exercise class developed to assist with maintaining the volume you have worked so hard to achieve, reinforce your daily exercise routine, and utilize your LOUD voice across numerous activities. An added benefit is finding other individuals that you can relate to. LSVT BIG for Life is a once a week exercise class developed to assist with maintaining the big movements you have worked so hard to achieve, reinforce your daily exercise routine, and utilize your big movements across numerous activities. An added benefit is finding other individuals that you can relate to.

Location: New Orleans, LA

Fee: \$10 per class, Community Grant covers cost

For more information, contact Rachel Rayes at 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

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