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## Michigan 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](#).*

### **Ascension Genesys Parkinson's Program** (updated March 2023)

*Offers Rock Steady Boxing, PWR! Moves, Yoga, Aquatics, Classes for Caregivers*

**Location:** Grand Blanc, MI 48439 – Meeting in-person

**Fee:** Yes

For more information, contact Angee Ludwa at (248) 760-2019 or [aludwa@comcast.net](mailto:aludwa@comcast.net).

### **Jackson YMCA - Pedaling for Parkinson's**

**Location:** Jackson, MI 49201

For more information, contact Mailyynn Pratt, Program Coordinator, at [mailynn@jacksonymca.org](mailto:mailynn@jacksonymca.org) or (517) 240-9022.

Link to Website [here](#). Link to program flyer [here](#).

### **Jackson YMCA - Rock Steady Boxing**

**Location:** Jackson, MI - Meeting in Person

**Fee:** Yes

For more information contact Mailyynn Pratt, Program Coordinator, at [mailynn@jacksonymca.org](mailto:mailynn@jacksonymca.org) or (517) 240-9022.

Link to Website [here](#). Link to program flyer [here](#).

### **Michigan Parkinson's Foundation** (updated March 2023)

**Location:** Various locations – Meeting online

Calendar of Events [here](#).

List of Support Groups [here](#).

List of Educational Programs [here](#).

List of Wellness Programs [here](#).

For more information, contact (248) 433-1011 or [info@parkinsonsmi.org](mailto:info@parkinsonsmi.org).

Link to website [here](#).

### **Moving with Parkinson's at Grand Rapids Ballet School** (updated March 2023)

*At Grand Rapids Ballet School's, Moving with Parkinson's is a free dance therapy class made specifically for people with Parkinson's Disease, geared towards mobility.*

**Location:** Grand Rapids, MI – Meeting in-person and online

**Fee:** No

For more information, contact Jessica Meldrum at [jessicam@grballet.com](mailto:jessicam@grballet.com) or (616) 454-4771, extension 13.

Link to website [here](#).



### Michigan 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.*

#### **Mindfulness for Mental Health in Parkinson's Disease, Corewell Health** (updated April 2023)

*This is a mindfulness course for individuals with PD and caregivers. This is an 8-week course to measure the impact of mindfulness on stress management in PD.*

**Location:** Grand Rapids, MI 49525 – Meeting online

**Fee:** No

For more information, contact Kelly McWilliams, RN at [kelly.mcwilliams@corewellhealth.org](mailto:kelly.mcwilliams@corewellhealth.org) or [parkinsons@corewellhealth.org](mailto:parkinsons@corewellhealth.org) or (616) 447-1393.

Link to website [here](#).

#### **\*Mindfulness for Mental Health in Parkinson's Disease, Spectrum Health System** (updated August 2023)

*The Mindfulness for Mental Health in Parkinson's Disease Program is an initiative that will provide the PD community in West Michigan with research-based training to alleviate the detrimental effects of stress. The program will consist of mindfulness-based intervention (MBI) training conducted by two experienced, certified mindfulness coaches. Participants will take part in an eight-week program delivered via live, virtual Zoom sessions. The program also promotes social well-being through group learning sessions that will build peer support networks.*

**Location:** Grand Rapids, MI – Meeting online

**Fee:** None

For more information, contact Kelly McWilliams at [kelly.mcwilliams@spectrumhealth.org](mailto:kelly.mcwilliams@spectrumhealth.org).

Link to Website [here](#).

#### **Total Healthworks' Total Parkinson's** (updated March 2023)

*12-week evidence-based program.*

**Location:** Maple, MI 49008 – Meeting in-person

**Fee:** Yes

For more information, contact Shashu Baraka at [sbaraka@kzooymca.org](mailto:sbaraka@kzooymca.org) or (269) 459-4856.

Link to website [here](#).