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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**

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

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

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

Fee: Yes

Link to Website [here](#). Link to programs [here](#).

### **\*Equitable Exercise for People With Parkinson's (E2PWP) 3.0, Ascension Genesys Foundation**

**Location:** Grand Blanc, MI

For more information contact Susan Tippett at [susan.tippett@ascension.org](mailto:susan.tippett@ascension.org).

Link to website [here](#).

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

**Location:** Jackson, MI 49201

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

Link to Website [here](#).

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

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

**Fee:** Yes

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

Link to Website [here](#).

### **Michigan Parkinson's Foundation** ↔ [AIRPO member](#)

**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**

*At Grand Rapids Ballet School's, Moving with Parkinson's is a free dance therapy class made*

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

August 2022



## Ohio 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.*

*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](#).

### **\*Mindfulness for Mental Health in Parkinson's Disease, Spectrum Health System**

**Location:** Grand Rapids, MI

**Contact:** Kelly McWilliams at [Kelly.mcwilliams@spectrumhealth.org](mailto:Kelly.mcwilliams@spectrumhealth.org).

Link to website [here](#).

### **Total Healthworks' Total Parkinson's**

**Location:** Kalamazoo, MI

**Contact:** Shashu Baraka at [sbaraka@kzooymca.org](mailto:sbaraka@kzooymca.org) or 269-459-4856

**Fee:** Yes

Link to website [here](#).