



Michigan Wellness Programs

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

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.

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 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 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.

Link to website [here](#).

2021 Annual Support Group Facilitator Training, Michigan Parkinson Foundation

Location: Bingham Farms, MI

For more information, contact Mary Sue Lanigan at marysuel@parkinsonsmi.org

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.



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.

Link to website [here](#).

***Taking Care of You: A Care Partner Retreat, Spectrum Health Foundation**

Location: Grand Rapids, MI

For more information, contact Kelly McWilliams at kelly.mcwilliams@spectrumhealth.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 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 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.

Link to website [here](#).