



Mid-Atlantic 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](#).*

[Delaware](#)

[Maryland](#)

[Virginia](#)

[Washington DC](#)

[West Virginia](#)

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 midatlantic@parkinson.org.

October 2022



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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.

DELAWARE

Art Program, Parkinson's Education and Support Group of Sussex Count

Location: Lewes, DE 19958

Fee: No

For more information, contact Patricia Slygh at pcslygh@comcast.net.

Link to Website [here](#).

RISE Fitness + Adventure

Host daily Parkinsons' Wellness classes at facility, in partnership with the Parkinson's Education and Support Group of Sussex County. Also have trainers who specialize in Parkinson's and movement disorder on staff.

Location: Rehoboth Beach, DE 19971

For more information, contact Amanda Peters at 410-322-3000 or team@trainatrise.com.

Link to website [here](#).

Rock Steady Boxing of Delmarva

Rock Steady Boxing (RSB) classes are a non-contact fitness regimen geared specifically for individuals with any level of Parkinson's disease. RSB is a proven method that lessens the symptoms of PD. Participants lead a healthier & happier life.

Location: Dover, DE 19901

Fee: Yes

For more information, contact Nancy Hawkins at 302 698-5201 or foreverfitfoundation@gmail.com

Link to website [here](#).

MARYLAND

ANNAPOLIS

EMF PFGGrant2022, Empower Motivation Fitness LLC

Location: Annapolis, MD

For more information, contact David Fletcher at empowermotivationfitness@gmail.com.



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ANNE ARUNDEL

NeuroSing

Therapeutic choir for adults with neurological disorders

Location: Severna Park, MD 21146

Fee: Yes

For more information, contact 410-697-1812.

Link to Website [here](#).

BALTIMORE

ParkinSonics Community Chorus

Location: Baltimore, MD 21212

Fee: Yes

For more information, contact 443-470-0279 or info@marylandparkinsonsupport.org

Pounding for Parkinson's - a unique program combining Pounding and PWR!

Location: Baltimore, MD 21209

Fee: No

For more information, contact charmcity@rsbaffiliate.com.

Rock Steady Boxing

Location: Baltimore, MD 21209

Fee: No

For more information, contact 443-963-1451 or Nicole@myerberg.org.

Link to Website [here](#).

Rock Steady Boxing MAPS Charm City *(updated October 2023)*

Rock Steady Boxing MAPS @ Charm City offers two levels of boxing fitness classes to people living with PD. We incorporate PWR!Moves in all of our classes. Run by a physical therapist and supported by MAPS this program is free to all of our participants.

Location: Baltimore, MD 21209 – Meeting in-person

Fee: No

For more information, contact Patty Wessels at 443-873-0040 or charmcity@rsbaffiliate.com.

Rock Steady Boxing at the Y, YMCA of Central Maryland Inc.

Location: Baltimore, MD

For more information, contact Dana Hotra at danahotra@ymaryland.org.

Link to website [here](#).



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Pedaling for Parkinson's

Location: Baltimore, MD 21218

Fee: No

For more information, contact 410-889-9622, ext. 2107

or juliademarais@ymaryland.org

Link to Website [here](#).

Parkinson's Exercise Class

Location: Baltimore, MD 21042

Fee: No

For more information, contact Myerberg Center at 410-358-6856.

Parkinson's Continuum of Care Program - Good Samaritan Hospital Foundation

Location: Baltimore, MD 21239

Fee: No

For more information, contact Linda Frisch at linda.m.frisch@medstar.net.

Link to Website [here](#).

Yoga for Parkinson's

Location: Lutherville-Timonium, MD 21093

Fee: Yes

For more information, contact 443-465-5448 or yoga4pwp@gmail.com.

Parkinson's Exercise Program (PEP)

Location: Lutherville Timonium, MD 21093

For more information, contact 443-470-0279 or info@marylandparkinsonsupport.org.

Dance for Parkinson's

Location: Towson, MD 21204

For more information, contact 410-419-2956 or ellentalles@comcast.net.

Rock Steady Boxing

Rock Steady Boxing is a rigorous, non-contact exercise program that uses boxing drills to improve motor functions and help relieve many Parkinson's symptoms.

Location: Towson, MD 21204- Meeting in-person

Fee: Free for Y members, fee for non-members

For more information, contact Donnell Glover at 410-823-8870 or

donnellglover@ymaryland.org.

Link to website [here](#).



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Weill Cornell Medicine, Division of Neurodegenerative Diseases' /MDEE Virtual Education and Exercise Program, Movement Disorder Education & Exercise, Inc.,

Location: Baltimore, MD – *Meeting online*

For more information, contact Larry Zarzecki at larryzarzecki@yahoo.com

Link to website [here](#).

BROOKLANDVILLE

Aquatics for Parkinson's, Maryland Association for Parkinson Support, Inc.

Location: Brooklandville, MD

For more information, contact Judy Friedman at Tuscanybound@comcast.net.

Link to Website [here](#).

Sustaining and Extending PD Programs to the Underserved Rural Population of the Eastern Shore of Maryland, Maryland Association for Parkinson Support, Inc.

Location: Brooklandville, MD 21022

Fee: No

For more information, contact John R. Harrauld at jrharrauld@gmail.com.

Link to Website [here](#).

CLARKSVILLE

Yoga For People with Parkinson's (Y4PWP), Retreat Center of Maryland

Location: Clarksville, MD

For more information, contact Jennifer Mayotte at jen@retreatcenterofmaryland.org.

Link to Website [here](#).

COLUMBIA

Retreat Center of Maryland's Yoga for People With Parkinson's, Retreat Center of Maryland,

Location: Columbia, MD

For more information, contact Kelly Fisher at kelly@wildfloweryoga.com

Link to website [here](#).

EASTERN SHORE

Rock Steady Boxing

Location: Easton, MD 21601

Fee: No

For more information, contact Amy Schiefer at (410) 822-0566 or

eschiefer@ymcachesapeake.org



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Rock Steady Boxing

Location: Grasonville, MD 21638

Fee: No

For more information, contact Lynn Sutton at 410-827-5527.

HOWARD

Pedaling for Parkinson's

Location: Ellicott City, MD 21043

Fee: No

For more information, contact John Derwent at 410-465-4334, ext. 228 or johnderwent@maryland.org.

Rock Steady Boxing/Support Group/Parkinson's Exercise Class *(updated October 2023)*

Location: Ellicott City, MD 21042

Fee: No

For more information, contact Sasha Gant at 410-461-7070 or Sgant@lorienhealth.com
Link to Website [here](#).

FREDERICK

***LSVT BIG for Life Program, Homecare Rehab and Nursing LLC** *(updated August 2023)*

The LSVT BIG for Life program is a wellness-based exercise class for people with Parkinson's Disease who have previously completed the individual LSVT BIG treatment program. The BIG for Life Program includes the 7 Maximal Daily Exercises, practice of functional activities, and gait and balance activities in order to maintain the improvements accomplished from LSVT BIG training. The group atmosphere fosters socialization and comradery amongst individuals living with Parkinson's Disease and their care partners.

Location: Frederick, MD

Fee: \$20 per class, Community Grant covers cost

For more information, contact Brandon Baker at brandon.baker@bakerrehabgroup.com.
Link to Website [here](#).

Pedaling for Parkinson's

We offer Pedaling for Parkinson's and Rock Steady Boxing

Location: Frederick, MD 21701

Fee: Yes

For more information contact Jaime Fisher at 301-663-5131 x 1244 or jfisher@frederickymca.org.



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YMCA of Frederick County *(updated October 2023)*

Provides programs for those with Parkinson's. Provides both Rock Steady Boxing and Pedaling for Parkinson's.

Location: Frederick, MD 21701- *Meeting in-person*

Fee: Fee for some

For more information contact Jamie Fisher at 301-418-6563 or

jfisher@frederickymca.org.

Link to website [here](#).

MONTGOMERY

LSVT LOUD for LIFE *(updated October 2023)*

Come join us virtually as we continue on the journey of remaining LOUD for life!

Location: Rockville, MD 20850 — *Meeting online*

Fee: Yes

For more information, contact Rosalie Bikoti at 240-864-6149 or

rbikoti@adventisthealthcare.com

Parkinson's Wellness Initiative

Location: Rockville, MD 20852 – *Meeting online*

Fee: Yes

For more information, contact 301-348-3710.

Link to Website [here](#).

Rock Steady Boxing

Location: Forest Hill, MD 21050

Fee: No

For more information, contact 410-893-4153 or

Forresthillhealthfitness2217@gmail.com.

Link to Website [here](#).

PIKESVILLE

Rock Steady Boxing and Yoga, Movement Disorder Education & Exercise

Location: Pikesville, MD 21157

Fee: No

For more information, contact Larry L. Zarzecki II at larryzarzecki@yahoo.com.

Link to Website [here](#).



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STREET

***Parkinson's Fitness Program, Rally Against Parkinson's-Harford, Inc.** (updated August 2023)

Rally Against Parkinson's was formed to ensure the continued funding of FREE Rock Steady Boxing classes for individuals with Parkinson's Disease (PD). Rock Steady Boxing is an Internationally recognized program that specifically designs rigorous exercises that combat both the physical and cognitive effects of PD resulting in improvement of the quality of life of those suffering with PD as well as their caregivers, family and friends. The Rock Steady Boxing Program at Forest Hill Health and Fitness was the first facility in the State of Maryland to attain the Internationally recognized Rock Steady Boxing program affiliation. Classes are also offered virtually and at the YMCA in Abingdon.

Location: Street, MD – Meeting in-person and online

Fee: None

For more information, contact James Hampshire at Jim@rallyagainstparkinsons.org.
Link to Website [here](#).

VIRGINIA

Como reducir el hueco entre servicios y familias con Parkinson's (How to reduce the Gap between services and families with Parkinson's), Medical College of Virginia Foundation (updated August 2023)

Location: Richmond, VA – Meeting in-person and online

Fee: None

For more information, contact Leslie Cloud, leslie.cloud@vcuhealth.org.
Link to Website [here](#).

Dance for PD (updated October 2023)

Dance for PD is a movement-based class that begins slowly with warm-up movements and progresses to combinations of movements to a variety of uplifting music. The class offers not only physical benefits, but also reduces the dancers' social isolation which is commonly associated with this neurological disease.

Location: Fairfax, VA 22030 – Meeting in-person

Fee: No

For more information, contact Shaun B. D'Arcy or Elizabeth Spatz at sboyleda@gmu.edu or espatz@gmu.edu
Link to website [here](#).



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Empowerment! Wellness

Our program consists of a variety of classes throughout the week. We offer Rock Steady Boxing, PWR!, cardio, tai-chi, circuit and strength classes.

Location: Virginia Beach, VA 23462 – Meeting in-person

For more information contact Wendy Wilkerson at 757-474-6300 or wendy.wilkerson@empowerment.

LiftPD: Community-Based Exercise Classes for Parkinson's Disease (updated October 2023)

Free small-group exercise classes for all levels in the Parkinson's disease community.

Location: Richmond, VA 23220 – Meeting In-Person

Fee: No

For more information, contact Lauran Martyn at lauran@liftpd.com.

Link to website [here](#).

Movement for Parkinson's (updated October 2023)

Movement For Parkinson's is a FREE weekly dance class for people with a diagnosis of Parkinson's Disease (PD) and their significant others.

Location: Charlottesville, VA 22901- Meeting in-person and online (if requested)

Fee: Free

For more information contact Kathryn Tokar at 434-973-2555 or ktokar@charlottesvilleballet.org.

Link to website [here](#).

Rock Steady Boxing APEX PT

In our gym, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength to defend against and overcome opponents.

Location: Williamsburg, VA 23188- Meeting in-person

Fee: Yes

For more information contact Scott Brubaker Jr. at 757-969-5200 or scott@apexptva.com.

Link to website [here](#).

Shaken not Stirred Parkinson's Choir

Location: Winchester, VA 22603

Fee: No

For more information, contact Cheryl Reames 540-662-4632 or winchesterparkinsons@gmail.com.



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***Thriving While Caring Starts Here, Young Onset Parkinson's Network** (updated August 2023)

Young Onset Parkinson's Network (YOPN) is a nonprofit, 501(c)(3) educational and charitable member organization dedicated to helping those diagnosed with Young Onset Parkinson's Disease (YOPD), the fastest growing segment of Parkinson's Disease, and their loved ones live their best lives. YOPN is excited to announce the launch of its Young Onset Care Partner (YOPC) program, Thriving and Caring Start Here. The program is designed to empower the Young Onset Care Partner by easing their worry and fear through community and education. An annual YOPN Capstone Event will take place for all YOPN members (both those with the disease and the care partners) that will offer both individual group sessions and whole group workshops.

Location: Vienna, VA – Meeting in-person

Fee: None

For more information, contact Anna Grill at anna@yopnetwork.org.

Link to Website [here](#).

Young Onset Parkinson's Network-Living Well Starts Here Program, Young Onset Parkinson's Network

The organization seeks to increase awareness of YOPD by providing information, resources, and services to help members strengthen their mind and body within a positive, supportive community. Through its network, YOPN members have the holistic support needed not only to manage, but to thrive with this unexpected, early diagnosis.

Location: Vienna, VA

For more information, contact Anna Grill at anna@yopnetwork.org.

Link to Website [here](#).

WASHINGTON DC

Iona Senior Services

Location: Washington, DC 20016

For more information, contact exercise.is.medicine.dc@gmail.com.

Link to Website [here](#).



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WEST VIRGINIA

Parkinson Disease and speech disorders, West Virginia University (updated August 2023)

The Rockefeller Neuroscience Institute affiliated with West Virginia University initiated an interdisciplinary team approach for Parkinson's Disease (PD) patients with specific needs for speech and swallow therapy. Difficulties with speech and swallowing may affect the quality of life of a PD patient severely. With provision of speech and swallow therapy services such issues will be addressed whenever a patient visits their providers at an interdisciplinary clinic visit. An interdisciplinary clinic approach enables discussion between therapist and neurologist, which can tremendously help with treatment planning. This aims to improve the overall wellbeing of patients with PD.

Location: Morgantown, WV – Meeting in-person

Fee: None

For more information, contact Adeel Ali Memon at adeel.memon@hsc.wvu.edu.

Link to Website [here](#).