



Mississippi Wellness Programs by County

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](#).*

[Forrest](#)

[Ocean Springs](#)

[Rankin](#)

[Jackson](#)

[Jones](#)

[Warren](#)

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.

April 2023



Mississippi 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.

FORREST

YMCA – William Carey University [Updated March 2023]

This is a weekly exercise class hosted by the YMCA and designed by faculty at the Physical Therapy program at William Carey University. The classes are led by both faculty and students from the program.

Location: Hattiesburg, MS 39401 – Meeting in-person

Fee: No

For more information, contact Amy Hubbard at (601) 583-4000 at ahubbard@ymcasems.org.

OCEAN SPRINGS

***Parkinson's Fitness Class, Mississippi Gulf Coast YMCA [Updated March 2023]**

To help those diagnosed with Parkinson's manage and improve their activities of daily living, to help caretakers learn how to help their patients, and to help the non-diagnosed prevent the disease.

Location: Ocean Springs, MS 39564

Fee: Free

For more information, contact Jaclyn White at jwhite@mgcymca.org or 228-875-5050. Link to website [here](#).

RANKIN

***Steady and Strong Parkinson's Wellness Program, Young Men's Christian Association, Metropolitan Jackson [Updated March 2023]**

Location: Flowood, MS

Contact: Amy Rimmer at flwywellness@metroymcams.org.

Link to website [here](#).

JACKSON

Rock Steady Boxing Metro Jackson

Metro-Jackson Parkinson's offers both exercise programs and support to help families with day-to-day issues, provides a forum for gathering information about PD and serves as a place to develop friendships with others who share similar experiences.

Location: Jackson, MS 39110 - Meeting in-person

Fee: Yes

This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636)



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For more information contact Paul Adcock at 769-972-1320 or adcockp@gmail.com.
Link to Website [here](#).

***What's Up, Doc?, First Baptist Church and Metro-Jackson Parkinson's Group** **[Updated March 2023]**

Metro-Jackson Parkinson's Group offers both exercise programs and support to help families with day-to-day issues, provides a forum for gathering information about PD and serves as a place to develop friendships with others who share similar experiences.

Location: Jackson, MS – *Meeting in-person*

Exercise programs:

- **Parkinson's Exercise Class** in Jackson, MS
- **Yoga for Parkinson's** in Jackson, MS
- **Steady and Strong PD Wellness Program** in Flowood YMCA
- **Senior Fit** in Ridgeland, MS

Fee: Education/support group no fee; All of the exercise programs have membership fees

For more information, contact Gil Kim at 601-749-6101 or gilkim3@gmail.com.
Link to website [here](#).

JONES

PWR Moves! Parkinson's Wellness Program [Updated March 2023]

Location: Laurel, MS 39440 – *Meeting in-person*

Fee: Yes

For more information, contact Kourtney Murphy at 601-399-0530 or kmurphy@scrmc.com.

WARREN

Rock Steady Boxing [Updated March 2023]

Location: Vicksburg, MS 39183 – *Meeting in-person*

For more information contact Bonnie H. at 601-638-1071 or bonnieh@vicksburgymca.com

Link to Website [here](#).

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