



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](#).*

[Grenada](#)

[Forrest](#)

[Flowood](#)

[Jackson](#)

[Jones](#)

[Lowndes](#)

[Ocean Springs](#)

[Warren](#)



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.

GRENADE

All In Fitness / CrossFit Grenada

Location: Grenada, MS 38901 – *Meeting in-person.*

Fee: Yes

For more information, contact Matthew Howell at 662-226-6322 or

info@allingrenada.com

Link to Website [here.](#)

FORREST

YMCA – William Carey University

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.

FLOWOOD

***Steady and Strong Parkinson's Wellness Program, Young Men's Christian Association, Metropolitan Jackson**

Location: Flowood, MS

Contact: Amy Rimmer at flwywellness@metroymcams.org.

Link to website [here.](#)

JACKSON

Dance for Parkinson's

Location: Jackson, MS 39202

For more information, contact Dr. Melissa Lea at (601)974-1755.

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

For more information contact Paul Adcock at 769-972-1320 or adcockp@gmail.com .

Link to Website [here.](#)



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***What's Up, Doc?, First Baptist Church and Metro-Jackson Parkinson's Group**

Location: Jackson, MS

For more information contact Gil Kim at gilkim3@gmail.com.

Link to website [here](#).

JONES

PWR Moves! Parkinson's Wellness Program

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

Fee: Yes

For more information, contact Kourtney Murphy at 601-399-0530 or

kmurphy@scrmc.com.

LOWNDES

Columbus Rock Steady Boxing

Location: Columbus, MS 39701

For more information, contact columbus@rsbaffiliate.com or 662-889-6937.

OCEAN SPRINGS

***Parkinson's Fitness Class, Mississippi Gulf Coast YMCA**

Location: Ocean Springs, MS

For more information, contact Amanda Ray at aray@mgcymca.org or Wendi

Neckameyer at wneckameyer@paraquad.org

Link to website [here](#).

WARREN

Rock Steady Boxing

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](#).