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## Mississippi Wellness Programs by County

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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. This list is not an endorsement or recommendation of a specific resource or service.*

[Forrest](#)

[Ocean Springs](#)

[Rankin](#)

[Jackson](#)

[Jones](#)

[Warren](#)

[Lowndes](#)

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](mailto: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](mailto: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](mailto: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](mailto:flwywellness@metroymcams.org).

Link to website [here](#).

### JACKSON

#### **BIG & Loud for Life: A Parkinson's Disease Wellness Program in Jackson MS Metro Area, Methodist Rehabilitation Center (updated August 2023)**

*The BIG & LOUD for LIFE program has the goal of offering individuals who have had LSVT training in therapy the opportunity to continue with this evidenced-based intervention in a group setting. It is led by licensed professionals who are able to monitor performance, modify the program, and focus on challenging the individual's*

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



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*participation. This group will also offer participants the opportunity to have ongoing contact with rehabilitation specialists that can address mobility concerns, swallowing/voice concerns, as well as refer them to allied health professionals and/or physicians when appropriate.*

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

**Fee:** None

For more information, contact Lisa Indest at [LIndest@mmrc rehab.org](mailto:LIndest@mmrc rehab.org).

Link to Website [here](#).

### **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](mailto: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](mailto: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](mailto:kmurphy@scrmc.com).

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### 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](mailto:bonnieh@vicksburgymca.com)

Link to Website [here](#).

### LOWNDES

#### **Adaptive Fitness Classes and Support Group at the Frank P. Phillips Memorial YMCA, Frank P. Phillips Memorial YMCA (updated August 2023)**

*In keeping with our mission, the Adaptive Fitness Program at the Frank P. Phillips YMCA promotes a healthy spirit, mind and body for all. We offer three Adaptive Fitness classes specifically for individuals with Parkinson's: Rock Steady Boxing, Parkinson's Aquatic Class, and Pedal Power. Each class is held at the downtown Columbus YMCA location year-round. Additionally, we plan to revive our Adaptive Monthly Support Group meeting, suspended since COVID. Encouragement, humor, social interactions, and individual attention and care all work together to alleviate loneliness, depression, anxiety, while also slowing the physical progression of symptoms.*

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

**Fee:** None

For more information, contact Jimmy Woodruff at [jimwoodruffymca@gmail.com](mailto:jimwoodruffymca@gmail.com).

Link to Website [here](#).