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## **New England Wellness Programs**

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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.*

*\*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

[Connecticut](#)

[New Hampshire](#)

[Maine](#)

[Massachusetts](#)

[Rhode Island](#)

[Vermont](#)



## New England Wellness Programs

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## CONNECTICUT

### **Beat Parkinson's Today, Inc**

*To provide people who have been diagnosed with Parkinson's Disease hope and the opportunity to live their lives with confidence and strength. Our classes encourage intense exercise through Boxing & Functional Interval Training.*

**Location:** East Hartford, CT 06018 - Meeting in person

For more information, contact Michelle Hespeler at 8609189594 or

[administrator@beatpdtoday.com](mailto:administrator@beatpdtoday.com)

Link to website [here](#).

### **Community Caregiver Education, Jewish Home for the Elderly of Fairfield County, Inc.**

**Location:** Bridgeport, CT

For more information, contact Elizabeth Zicari, [sclark@seniors.org](mailto:sclark@seniors.org)

Link to website [here](#).

### **Dance for PD®**

*Dance for PD® is an aesthetic experience that focuses on developing artistry and grace while addressing such Parkinson's-specific concerns as balance, flexibility, coordination, gait, social isolation, and depression.*

**Location:** Connecticut College – New London, CT 06320

**Fee:** Yes, donation.

For more information, contact Rachel Balaban at [balaban.rachel@gmail.com](mailto:balaban.rachel@gmail.com) or

401.261.7062.

### **Dance for PD®**

*In Dance for PD® classes, people are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. Dance for PD® is an aesthetic experience that focuses on developing artistry and grace while addressing such Parkinson's-specific concerns as balance, flexibility, coordination, gait, social isolation, and depression.*

#### **Locations:**

- Middletown Senior Center – Middletown, CT 06457
- Cultural Arts Center – Hamden, CT 06517
- Hagan Memorial Library – East Haven, CT 06512

**Fee:** No

For more information, contact Laura Richling at 203.675.2930 or [lrchling@nmsnewhaven.org](mailto:lrchling@nmsnewhaven.org).

### **Delay the Disease**

*The 12 week program gives anyone with the disease the opportunity to work with a certified Parkinson Exercise specialist to increase their muscular strength, cardiovascular fitness and flexibility. Participants work in small groups to improve gait, balance, speech and motor skills.*



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*A pre and post assessment is given to all participants. Medical clearance is required in order to participate.*

**Location:** Riverbrook Regional YMCA – Wilton, CT 06897

For more information, contact Mary Ann Genuario at 203.762.8384 ext. 282, or Fred Heibeck at ext. 276.

### **Parkinson's Body & Mind Program - Fairfield YMCA**

*Parkinson's Body and Mind has developed a robust exercise and wellness program based in local YMCAs. These programs are run by instructors who have specific training in working with people with PD as well as training in their areas of expertise. Classes are open to all people with PD regardless of mobility level.*

**Location:** Fairfield, CT 06824- Meeting in-person and online

For more information contact 203-255-2834 or [dliptak@cccymca.org](mailto:dliptak@cccymca.org).

Link to Website [here](#).

### **Parkinson's Body & Mind Program - YMCA of Greenwich**

*The Parkinson's Body & Mind program at YMCA of Greenwich offers group wellness classes as well as monthly support groups for this rapidly growing community.*

**Location:** Greenwich, CT 06830- Meeting in-person and online

For more information contact 203-869-1630.

Link to Website [here](#).

### **Parkinson's Fitness Classes at Westport Senior Center**

*Various fitness classes - including from Parkinson's Fitness, Rock Steady Boxing, Tai Chi, and chair yoga - available. Exercise is focused on conditioning and improving the physical health, daily functioning, and quality of life of people with Parkinson's disease by potentially reducing, delaying, and even reversing some of the symptoms of Parkinson's disease.*

**Location:** Westport Senior Center – Westport, CT 06880

For more information, contact 203.341.5099 or [seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov).

Link to Website [here](#).

### **Parkinson's Support Group & Fitness Classes**

*As a part of The Watermark's mission to increase the health of both the mind and body of seniors, we host a monthly Parkinson's Support Group and a bi-weekly Parkinson's Fitness Class on balance and strength exercises with a focus on the specific needs of those living with Parkinson's.*

**Location:** The Watermark – Bridgeport, CT 06604

For more information, contact The Watermark at 203.502.7593.

### **Westport/Weston YMCA**

*The Westport Weston Family YMCA is proud to announce we have teamed up with Shakers Anonymous and Rock Steady Boxing to offer an extensive program to support those in our community living with Parkinson's Disease (PD). The Parkinson's Body and Mind Program*



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*will provide a comprehensive exercise and wellness program in addition to support groups for people with Parkinson's Disease and their care partners.*

**Location:** Westport, CT 06880- Meeting in-person

**Fee:** Yes

For more information contact Judy L. Klein, MS at (203) 571-6035 or [jklein@westportny.org](mailto:jklein@westportny.org).

Link to website [here](#).

## NEW HAMPSHIRE

### **Rock Steady Boxing Boston**

*Rock Steady Boxing gives people with Parkinson's Disease a way to fight back. The mission is to maximize the mental, emotional, and physical potential of people with Parkinson's Disease throughout their lives, through an intensive and rigorous regimen and plan of exercise delivered in the context of a non-contact boxing fighter training.*

**Location:** Bodyworks Martial Arts – Concord, NH 03301

**Fee:** No

For more information, contact Al Latulippe at 978.289.0799 or

[rocksteadyboxingma@yahoo.com](mailto:rocksteadyboxingma@yahoo.com)

Link to Website [here](#).

### **Movement and Song for Parkinson's**

*This class is designed to help with balance, flexibility, regulation of gate, and increased motor movements all while having fun using movement, laughter and song. This class is for adults with movement disorders of various abilities and their caregivers.*

**Location:** Concord, NH 03301

**Fee:** Yes

For more information, contact Concord Community Music School at (603) 228-1196.

Link to Website [here](#).

### **Rock Steady Boxing Lakes Region**

*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. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form, and are set to each fighter's abilities. You have to see it to believe it!*

**Location:** Laconia, NH 03246

**Fee:** Yes

For more information, contact Janine Page at 603.581.9392.

### **\*Upper Valley Programs for Parkinson's, Upper Valley Programs for Parkinson's**

**Location:** Lebanon, NH 03766

For more information, contact Rick Dickson at [rick.dickson@joinccbba.org](mailto:rick.dickson@joinccbba.org).

Link to Website [here](#).



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### **Rock Steady Boxing Upper Valley**

Upper Valley Programs for Parkinson's (UVPP)

**Location:** CCBA - Lebanon, NH 03766

**Fee:** No

For more information, contact Sam Duford at [parliersr@gmail.com](mailto:parliersr@gmail.com)

Link to Website [here](#). Visit the UVPP website [here](#).

### **Pedaling for Parkinson's** - Upper Valley Programs for Parkinson's (UVPP)

*Pedaling For Parkinson's (PFP) has been shown to reduce Parkinson's symptoms by as much as 35% for up to two weeks. PFP is an exercise program developed by Dr. Jay Alberts, a neuroscientist and researcher at the Cleveland Clinic, and Cathy Frazier, a woman living with Parkinson's disease.*

**Location:** DNA Wellness Center, White River Junction, VT – Meeting online

**Fee:** No

For more information, contact John Tomeny at 603-491-8841

Link to website [here](#).

### **\*YMCA of Greater Nashua Parkinson's Disease Programming, YMCA of Greater Nashua**

**Location:** Nashua, NH

For more information contact at Marsha Bottino at [marsha.bottino@gmail.com](mailto:marsha.bottino@gmail.com).

Link to website [here](#).

### **Dartmouth-Hitchcock Vocal Workshop**

*A 5-week online interactive singing workshop series to strengthen & maintain the speaking voice. Designed for adults with Parkinson's, COPD, or those managing respiratory/vocal issues.*

**Location:** Meeting Online

**Fee:** No

For more information, contact Lori Fortini, Aging Resource Center, at (603) 653-3460 or

[lori.a.fortini@hitchcock.org](mailto:lori.a.fortini@hitchcock.org)

Link to website [here](#).

## **MAINE**

### **\*Evidence Based Holistic Wellness Program for Parkinson's Patients and their Caregivers, Bangor Young Mens Christian Association**

**Location:** Bangor, ME

For more information, contact Ben Filippo at [bfilippo@bangory.org](mailto:bfilippo@bangory.org)

Link to Website [here](#).

### **Pedaling for Parkinson's**



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*Fast pedaling is not a cure for Parkinson's disease and should not be described as such, but there is compelling evidence that it can make a real difference for many who try it. We do know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.*

#### **Locations:**

- Penobscot Bay YMCA – Rockport, ME 04856
- Rockland Harbor YMCA – Rockland, ME 04841

For more information, contact Melissa Bellew at [mbellew@penbayymca.org](mailto:mbellew@penbayymca.org) or 207-236-3375. Link to Website [here](#).

#### **Mid Coast- Parkview Health and Wellness Medical Gym Program**

*Come exercise in a gym supervised by Medical Professionals. Great way to initiate exercise into your life when you feel unsafe or unable to exercise alone without supervision. By appointment only. Requires Physician Clearance.*

**Location:** Mid Coast Parkview Wellness Center – Brunswick, ME 04011

For more information, contact 207-373-6360.

#### **Mid Coast Rock Steady Boxing**

*An exercise program dedicated to using boxing techniques and training methods to fight back against Parkinson's Disease. Requires Physician clearance.*

**Location:** Brunswick Landing YMCA – Brunswick, ME 04011

For more information, contact Zachary Hartman at 207-373-6363, [zhartman@midcoasthealth.com](mailto:zhartman@midcoasthealth.com) or [midcoast@rsbaffiliate.com](mailto:midcoast@rsbaffiliate.com).

#### **Mid Coast Running Start Swim and Water Aerobics**

*Open for lap swim or participate in a shallow water aerobics program. Requires Physician Clearance.*

**Location:** Bowdoin Pool – Brunswick, ME 04011 – Meeting in-person

For more information, contact 207-373-6360.

#### **Brunswick Landing YMCA Parkinson's Exercise Program**

*YMCA offers a variety of exercise classes, such as Chair Yoga, Silver Strong, and Tai Chi, that could be beneficial for individuals with PD. A group exercise program dedicated to providing a safe place for individuals with PD to exercise together.*

- Parkinson's Exercise Program
- Group Exercise Classes

**Location:** Brunswick Landing YMCA – Brunswick ME, 04011

For more information, contact 207-844-2801.

## **MASSACHUSETTS**





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### **\*Goddard House Parkinson's in Motion, Goddard House Assisted Living**

**Location:** Brookline, MA

For more information contact at Christine Nagle [cnagle@goddardhouse.org](mailto:cnagle@goddardhouse.org)

Link to website [here](#).

### **Rock Steady Boxing Boston**

*Rock Steady Boxing gives people with Parkinson's Disease a way to fight back. The mission is to maximize the mental, emotional, and physical potential of people with Parkinson's Disease throughout their lives, through an intensive and rigorous regimen and plan of exercise delivered in the context of a non-contact boxing fighter training.*

**Locations:**

- Lawtown Boxing Gym – Lawrence, MA 01843
- Nonantum Boxing Club – Newton, MA 02458
- Corebox Training Center – Randolph, MA 02368
- Cambridge YMCA – Cambridge, MA 02139
- Bodyworks Martial Arts – Concord, NH 03301

**Fee:** Yes

For more information, contact Al Latulippe at 978-289-0799 or

[rocksteadyboxingma@yahoo.com](mailto:rocksteadyboxingma@yahoo.com).

Link to Website [here](#).

### **Barre, Balance, and Core**

*Barre includes elements of pilates, ballet and functional training to enhance the mind-body connection. To participate in this class, you must be able to walk unassisted. Care partners are welcome.*

**Location:** Bodyscapes Gym – Boston, MA 02115

**Fee:** Yes

For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu).

### **Tai Chi: Daytime and Evening Option**

*Our instructors teach many of the traditional gentle movements and mind-body exercises associated with Tai Chi while also utilizing specific movements focused on improving Parkinson's disease symptoms. These weekly classes are designed to meet the needs of individuals with Parkinson's disease who will be able to stand for the entire 60 minute class.*

**Locations:**

- BIDMC East Campus – Boston, MA 02215. For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu).
- Osher Clinical Center for Integrative Medicine – Chestnut Hill, MA 02467. For more information, contact Osher Center at 617-732-9700, ext. 1.

**Fee:** Yes

### **Bodyscapes Gym**

*Multiple classes available. Visit the website for more information.*



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- Dynamic Yoga
- Yoga with Chairs
- Boot Camp and Balance

**Location:** Boston, MA 02115

**Fee:** Yes

For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu).

Link to Website [here](#).

#### **Putting and Driving: PD Golf**

*Format will be small group instruction and playing time at the Leo J. Martin Memorial Golf Course. This four-session series of classes offers individualized attention for golfers with Parkinson's and an opportunity to improve basic golf strokes and get out on the course. Golf clubs can be loaned at no charge if you do not have your own. Care partners are also welcome!*

**Location:** Leo J. Martin Memorial Golf Course – Weston, MA 02493

**Fee:** Yes

For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu)

#### **Calling All Artists**

*What sparks your artistic talent? How do you continue to express your creativity while managing PD? We invite artists of all kinds (painters, potters, musicians, photographers, etc.) to join us for discussion and networking. Find out about our new partnership with the Museum of Fine Arts, which includes a series of special guided museum tours, and our upcoming art workshops in collaboration with Mass College of Arts.*

**Location:** BIDMC East Campus – Boston, MA 02215

**Fee:** No

For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu).

#### **For and About Women**

*This bimonthly series for women living with PD features a speaker discussing and leading a demonstration in a certain aspect of wellness. The presentation is followed by time for open discussion facilitated by Lissa Kapust, LICSW, on how PD impacts women with respect to families, work, and women's health issues.*

**Location:** BIDMC East Campus – Boston, MA 02215

**Fee:** No

For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu).

#### **Northeastern University Speak Out Loud**

*A clinically proven speech therapy approach developed by Parkinson Voice Project that combines education, individual speech therapy, and ongoing group sessions to help people with Parkinson's improve their speech and communication.*

**Location:** Boston, MA 02115

**Fee:** No





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For more information, contact Elizabeth Martin at 617-373-6891 or [e.martin@northeastern.edu](mailto:e.martin@northeastern.edu).

### **Rock Steady Boxing**

*Each class begins with stretching and a warm-up. Participants then move to calisthenics and strength-based exercises, many of which occur on a mat on the floor. Next, participants don their gloves and wraps and practice their boxing skills on designated punching bags. The program aims to improve overall strength and stability, in addition to offering a community for people with Parkinson's disease to connect with each other and to other resources.*

**Location:** Nonantum Boxing Club – Newton MA 02458

**Fee:** Yes

For more information, contact Mallika Iyer at 617-667-5215 or [miyer@bidmc.harvard.edu](mailto:miyer@bidmc.harvard.edu).

### **\*110 Fitness – Urban Poling and BOXH2O**

*110 Fitness is an inclusive health and wellness facility for all people which houses the largest wellness center in the world for individuals with Parkinson's Disease. 110 Fitness offers Rock Steady Boxing South Shore, Pedaling for Parkinson's, Tai Chi, yoga, ballroom dancing, and BOXH2O (boxing in water!). We also offer a multitude of free programs, such as monthly bowling outings, drumming circles, caregiver support groups, a young onset support group, golf outings, a weekly guest speaker series, and art workshops.*

**Location:** Rockland, MA 02370

**Fee:** Yes

For more information, contact Brett Miller at 781-616-3313 or [bmiller@110fitness.org](mailto:bmiller@110fitness.org)

Link to Website [here](#).

### **LIFT - Rock Steady Boxing**

*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. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.*

**Location:** Dover, MA 02030

**Fee:** Yes

For more information, contact:

- Cheryl Marconi at 508-395-8652
- Max Marcoux at [Theonlygymindover@gmail.com](mailto:Theonlygymindover@gmail.com) or 617-447-5077

### **Rock Steady Boxing at Striking Beauties**

*Rock Steady Boxing is a first of its kind organization dedicated to improving the quality of life of people diagnosed with Parkinson's disease. Patients at all levels of symptom progression are seeing improved motor function as a result of intense non-contact, boxing style exercise. Currently offering classes in Taunton - please call for schedule.*

**Location:** Taunton, MA 02780



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**Fee:** Yes

For more information, contact Michael Quaglia at [mquagliajr@comcast.net](mailto:mquagliajr@comcast.net) or 508-386-8194.

#### **Rock Steady Boxing**

*Multiple classes available.*

- Nonantum
- National Physical Therapy

**Location:** Newton, MA 02458

**Fee:** Yes

For more information, contact Rafael “Rafi” Rivera at [nonantum@rsbaffiliate.com](mailto:nonantum@rsbaffiliate.com) or 857-253-1230.

#### **\*Pedaling for Parkinson’s, Hockomock Young Mens Christian Association Inc**

**Location:** North Attleboro, MA

For more information, contact Caitlin Gibbs at [caitling@hockymca.org](mailto:caitling@hockymca.org).

Link to website [here](#).

#### **\*Parkinson's Fitness (SCORE Power Training For Parkinson’s)– North Shore**

*A variety of free ability-based exercise and educational programs in Essex County, Massachusetts, that provide life-management strategies for building resilient, stronger lives for fighting.*

**Location:** Salem, MA 01970

**Fee:** Yes

For more information, contact Keith and Linda Hall at [parkinsonsfitness@gmail.com](mailto:parkinsonsfitness@gmail.com) or 781-572-5918.

Link to website [here](#).

#### **Parkinson's Program Expansion, South Shore Young Men's Christian Association**

**Location:** Norwell, MA 02061

For more information, contact John Galluzzo at [jgalluzzo@ssymca.org](mailto:jgalluzzo@ssymca.org).

Link to Website [here](#).

#### **PWR! Moves+ At Home by Spaulding**

*The class will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills, you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment!*

**Location:** Charlestown, MA 02129 – Meeting online

**Fee:** No

For more information, contact Kaitlyn Cashman at [kcashman1@partners.org](mailto:kcashman1@partners.org) or 617-952-6535

Link to Website [here](#).

#### **An innovative Tai Chi teaching methodology, “Tai Chi Paradigm”, for Individuals with Parkinson’s, Calvin Chin’s Martial Arts Academy**



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*The Tai Chi Paradigm for individuals with Parkinson's. This ongoing study is to show the benefits of this innovative approach to teaching Tai Chi to individuals with Parkinson's. Calvin Chin's Martial Arts Academy was the winner of a Community Grant from the Parkinson' Foundation. This 14-month study offers participants 3 classes a week onsite at the school in Newton as well as ongoing support with online streaming video subscription, all at no cost to you! Enrollment is ongoing and we cater to all physical abilities, in fact, all exercises can even be performed in a seated position if need be. Join us today and improve your quality of life!*

**Location:** Calvin Chin's Martial Arts Academy – Newton Highlands, MA, 02461

**Fee:** No

For more information, contact Karen Weisinger at [kweisinger2@gmail.com](mailto:kweisinger2@gmail.com).

Link to Website [here](#).

### **Parkinson's Dance Program at JFCS**

*Therapeutic Movement class for people living with Parkinson's Disease and their care partners.*

**Location:** Waltham, MA 02451

**Fee:** Yes. Financial assistance is available.

For more information, contact Anne Muskopf, OTR/L at 781-693-5069 or [arkinsons@jfcsboston.org](mailto:arkinsons@jfcsboston.org)

### **Tremble Clefs Chorus with JFCS**

*Therapeutic singing group for people with Parkinson's Disease and their care partners.*

**Location:** Newton, MA 02466

**Fee:** Yes. Financial assistance is available.

For more information, contact Anne Muskopf, OTR/L at 781-693-5069 or [Parkinsons@jfcsboston.org](mailto:Parkinsons@jfcsboston.org).

### **Nutrition Program for Individuals & Families Affected by Parkinson's Disease, Community Servings, Inc.**

**Location:** Jamaica Plain, MA 02130

For more information, contact Tobin Scipione at [tscipione@servings.org](mailto:tscipione@servings.org).

Link to Website [here](#).

### **SoulWorks Drumming**

*SoulWorks Rhythm provides therapeutic benefits like lower blood pressure stress relieve and improved coordination.*

**Location:** Youville House – Cambridge, MA 02138

For more information, contact Yanira Burgos at [yaniraburgos@youvillehouse.org](mailto:yaniraburgos@youvillehouse.org) or (857) 600-6501.

### **Dance with Parkinson's (PD) - Boston**

*Dance with Parkinson's is a free class designed for people with Parkinson's Disease and other neurodegenerative conditions that keeps individuals moving in a fun, welcoming, and*



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*safe environment. Our instructors guide participants through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility.*

*Urbanity's instructors are safety certified and have trained with David Leventhal of Mark Morris Dance Group, who codified the original Dance for PD curriculum in collaboration with Brooklyn Parkinson's Group.*

*All are welcome, including caregivers; no previous dance experience required. Participants may start taking class at any time of the year, as registration is always open!*

#### **Locations:**

- Urbanity Central – Boston, MA 02118
- Urbanity HQ – Boston, MA

**Fee:** No

For more information, contact Urbanity at [dwp@urbanitydance.org](mailto:dwp@urbanitydance.org).

#### **Dance with Parkinson's (PD) - Cambridge**

*Taught by an instructor from Urbanity Dance, classes feature live musicians and trained professionals with extensive knowledge of how PD affects movement. Participants report improvements in range of motion, balance and mind-body coordination.*

*All are welcome, including caregivers; no previous dance experience required. Participants may start taking class at any time of the year, as registration is always open!*

**Location:** Youville House – Cambridge, MA 02138

For more information, contact Yanira Burgos at [yaniraburgos@youvillehouse.org](mailto:yaniraburgos@youvillehouse.org) or (857) 600-6501.

#### **\*Youville's Step Up to PD program, Youville Assisted Living Residences**

**Location:** Cambridge, MA

For more information, contact Yanira Burgos at [yaniramotto@gmail.com](mailto:yaniramotto@gmail.com).

Link to website [here](#).

#### **Center for Neurorehabilitation**

*We are a team of physical therapists who specialize in the treatment of Parkinson's Disease. We provide physical therapy services and conduct exercise studies.*

**Location:** Boston University – Boston, MA 02215

For more information, contact 617-353-7525.

#### **Rock Steady Boxing Plymouth County**

*An intense and fun exercise program that includes non-contact boxing skills and emphasizes gross motor movement, balance, core strength, and rhythm, that can favorably impact range of motion, flexibility, posture, gait, and activities of daily living.*

**Location:** Stoughton, MA 02072



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**Fee:** Yes

For more information, contact Kim Gada at [nptstoughton@rsbaffiliate.com](mailto:nptstoughton@rsbaffiliate.com) or 781-767-5200.

### **Rock Steady Boxing at SLS Fitness**

*Rock Steady Boxing uses the fundamentals of boxing training, in addition to Parkinson's specific exercises, to "Fight Back" against Parkinson's Disease.*

*Classes available: Mobility for Parkinson's, Intro to Tai Chi, Parkinson's Circuit, Parkinson's Rocksteady Boxing.*

**Location:** Lowell MA, 01851

For more information, contact Katie, Skyla or Melissa at 978-4595959.

Link to Website [here](#).

### **JCC Greater Boston Parkinson's Wellness Programs**

*JCC Greater Boston, in partnership with the Parkinson's Disease and Movement Disorders Center at Beth Israel Deaconess Medical Center, offers a variety of exercise classes, a care partner support group with a Licensed Social Worker, and educational/social events to help people with Parkinson's and their families live their fullest life in the spirit of overall health and wellness. Classes include cycling, total body conditioning, and seated strength.*

**Location:** Leventhal-Sidman Center – Newton, MA 02459

**Fee:** Yes

For more information, contact Heidi White at 617-558-6459 or [hwhite@jccgb.org](mailto:hwhite@jccgb.org)

### **Forte Fitness Center**

*We offer Rock Steady Boxing classes proven to reduce the symptoms of PD and a supportive community dedicated to bettering the quality of life for those with Parkinson's Disease.*

**Location:** Hyannis, MA 02601

**Fee:** Yes, assessment and first class are free.

For more information, contact Meredith Ruff at 508-776-7349 or [info@fortefitnesscenter.com](mailto:info@fortefitnesscenter.com).

### **DopaFit® Parkinson's Movement Center**

*Community driven Parkinson's care specializing in various exercise methods to improve symptoms of Parkinson's, increase overall health, and promote an active lifestyle.*

**Locations:** West Boylston, MA and Southampton, MA

For more information, contact Chad Moir at [cmoir@mydopafit.com](mailto:cmoir@mydopafit.com).

Link to Website [here](#).

### **The Art Cart**

*The Art Cart's Smile Through Art Workshops are a creativity and movement program for people living with Parkinson's disease. Through art and exercise we help improve symptoms of Parkinson's such as fine motor skills, rigidity, micrographia, and mood.*

**Location:** Meeting Online

**Fee:** Free

For more information, contact Saba Shahid at [smilethroughart@gmail.com](mailto:smilethroughart@gmail.com).





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#### **\*Let's Combat Micrographia®, Creative Neurology, LLC**

*The Let's Combat Micrographia workbooks and program are your solution for improved handwriting! The only research based program supported by the NIH that can improve handwriting in as little as six weeks. Now available in English and Spanish.*

**Location:** Meeting Online

**Fee:** Yes

For more information, contact Saba Shahid at [smilethroughart@gmail.com](mailto:smilethroughart@gmail.com).

Link to Website [here](#).

#### **Dance for Parkinson's Northampton**

*This class is designed for individuals with Parkinson's Disease and their spouses, family members, friends and caregivers, and is a fun, community-minded experience to help attendees find lightness, ease and connection through dance.*

**Location:** Studio Helix – Northampton, MA

**Fee:** Yes. Scholarships may be available.

For more information, contact Fritha Pengelly at 413.586.2524 or [frithap@earthlink.net](mailto:frithap@earthlink.net).

#### **LSVT LOUD & LSVT BIG (speech, physical & occupational therapy)**

*LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. LSVT LOUD trains people with PD to use their voice at a more normal loudness level while speaking at home, work, or in the community. Key to the treatment is helping people "recalibrate" their perceptions so they know how loud or soft they sound to other people and can feel comfortable using a stronger voice at a normal loudness level.*

*LSVT BIG trains people with Parkinson disease (PD) to use their body more normally. LSVT BIG effectively trains improved movements for any activity, whether "small motor" tasks like buttoning a shirt or "large motor" tasks like getting up from sofa or chair or maintaining balance while walking. The treatment improves walking, self-care and other tasks by helping people "recalibrate" how they perceive their movements with what others actually see. It also teaches them how and when to apply extra effort to produce bigger motions – more like the movements of everyone around them.*

Link to Website [here](#).

#### **YOGA for People with Parkinson's**

*This program includes functionally based exercises - seated and standing, selected yoga postures, tools and breathing exercises to address the early symptoms of Parkinson's Disease. We will have fun and experience the joy of movement again.*

**Location:** Dartmouth Council on Aging – South Dartmouth, MA 02748





## **New England Wellness Programs**

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**Fee:** Yes. Scholarships/subsidies available.

For more information, contact:

- Nancy Miller at COA, 508 999-4717
- Nanci Winterhalter, RYT (registered yoga teacher), MS PT (physical therapist), at [nanciwinterhalter@gmail.com](mailto:nanciwinterhalter@gmail.com).

### **Yoga for Parkinson's**

*Yoga has been proved to help with many symptoms of Parkinson's, such as improving strength and flexibility, balance, and coordination of movements. The class is structured with movements, breathing exercises, relaxation, and meditation*

**Location:** Westford, MA 01886 – Meeting in-person

**Fee:** Yes.

For more information, contact Eleonora Cordovani at (762) 233-6262 or [eleonora.cordovani@gmail.com](mailto:eleonora.cordovani@gmail.com).

Link to Website [here](#).

### **The Heron Dance / POTE GP**

*Various community exercise programs are available to the community including Chair Yoga and Dance with Parkinson's.*

**Location:** Durfee Union Mills – Fall River, MA 02720

For more information, contact The Heron Studio at 774-264-0786 or [theheronstudio@gmail.com](mailto:theheronstudio@gmail.com).

### **Attleboro YMCA**

*Offers Delay the Disease.*

**Location:** Attleboro, MA 02703 - Meeting in person

For more information, contact Lisa Vecchioli at 508-409-0773 or [LVecchioli@attleboroymca.org](mailto:LVecchioli@attleboroymca.org)

Link to website [here](#).

### **Rock Steady Boxing Elite**

*Rock Steady Certified Coaches will give you a fun, safe and challenging class that will improve your strength, coordination, balance and overall health! Fun and friendly atmosphere, first class is free!*

**Location:** North Attleborough, MA 02760

**Fee:** Yes. First class is free.

For more information, contact [eliteboxingandfitnessna@gmail.com](mailto:eliteboxingandfitnessna@gmail.com) or 508-699-4029., flexible

### **Rock Steady Beauties & Beasts**

*An innovative boxing and fitness program designed for people with Parkinson's. Our program, located at Striking Beauties Boxing & Fitness Studio, focuses on movement, balance,*



### **New England Wellness Programs**

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*strength training, agility and social interaction. The physical benefits are only outweighed by the friendships developed in our group.*

**Location:** N. Attleboro, MA 02760

For more information, contact Dena at [DenaPaolino@gmail.com](mailto:DenaPaolino@gmail.com) or 617.201.1868.

#### **\*Expansion of Parkinson's Program to Support Individuals, Families and Caregivers in the MetroWest Community, MetroWest Young Men's Christian Association, Inc.**

**Location:** Framingham, MA

For more information contact Amy Miller at [amiller@metrowestymca.org](mailto:amiller@metrowestymca.org).

Link to website [here](#).

#### **\*PD Wellness: Empowerment, Education, and Exercise, Gordon College**

**Location:** Wenham, MA

For more information, contact Sean Clark at [sean.clark@gordon.edu](mailto:sean.clark@gordon.edu)

Link to website [here](#).

#### **Emerson Hospital's Parkinson's Community Wellness Programs, Emerson Hospital,**

**Location:** Concord, MA

For more information, contact Jessica Gravel at [jgravel@emersonhosp.org](mailto:jgravel@emersonhosp.org)

Link to website [here](#).

#### **\*Dance With Parkinson's Program Support, Urbanity Dance**

**Location:** Boston, MA

For more information, contact Betsi Graves at [Betsi@urbanitydance.org](mailto:Betsi@urbanitydance.org).

Link to website [here](#).

#### **\* Music Mindset: A Program for Wellbeing and Parkinson's Symptom Management, Beth Israel Deaconess Medical Center,**

**Location:** Boston, MA

For more information contact Lissa Kapust at [Lkapust@bidmc.harvard.edu](mailto:Lkapust@bidmc.harvard.edu).

Link to website [here](#).

#### **Parkinson's PRIDE: Engaging The LGBT Community (referred to as "PP"), Beth Israel Deaconess Medical Center**

**Location:** Boston, MA

For more information, contact Lissa Kapust at [lkapust@bidmc.harvard.edu](mailto:lkapust@bidmc.harvard.edu)

Link to website [here](#).

#### **Smile Through Art, Creative Neurology, LLC**

**Location:** Southampton, MA

For more information, contact Saba Shahid at [saba@creativeneurology.com](mailto:saba@creativeneurology.com)

Link to website [here](#).



## New England Wellness Programs

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## RHODE ISLAND

### **University of RI PT Program**

*Educating PT students and providing support to individuals with PD with an onsite group exercise class and on occasion research.*

**Location:** Kingston RI 02881

**Fee:** No

For more information, contact Anne Marie Dupre at [amdupre@uri.edu](mailto:amdupre@uri.edu) or 401-874-5002.

### **Dancing for PD**

*Dancing for PD is a dance class that focuses on balance, flexibility, coordination, gait, and community within a fun and accepting environment.*

**Location:** Newport County YMCA – Middletown, RI 02842

**Fee:** Yes

For more information, contact Cori O'Kane at [corio@newportymca.org](mailto:corio@newportymca.org) or 401.847.9200 x117.

### **DAPpers (Dance for All People)**

*DAPpers is a dance class designed for people with movement challenges such as Parkinson's disease and anyone moving with an aging and changing body.*

**Location:** Ashamu Dance Studio Brown University – Providence, RI 02912

**Fee:** Yes.

For more information, contact Rachel Balaban at [balaban.rachel@gmail.com](mailto:balaban.rachel@gmail.com) or 401.261.7062.

### **Rock Steady Boxing South County**

*A non-contact boxing program offering hope to people with Parkinson's. Rock Steady Boxing helps to empower people with PD to fight back and improve their quality of life.*

**Location:** Peace Dale, RI 02883

For more information, contact Jenny Gallagher at 401-783-3900 or at [southcountymca@rsbaffiliate.com](mailto:southcountymca@rsbaffiliate.com).

### **Rock Steady Boxing East Greenwich**

*Rock Steady Boxing is a non-contact boxing exercise program designed to improve the balance, agility, strength and mobility of the Parkinson's athlete. This program is taught by certified Rock Steady Boxing trainers and is an affiliate of Rock Steady Boxing.*

**Location:** East Greenwich, RI 02818

For more information, contact Carolyn Kosiba-Quiterio at 401.203.5133.

### **TPP Fitness (The Parkinson's Place)**

*Various Parkinson's classes are offered Including Parkinson's Boxing, Balance & Agility, as well as Support Groups*

**Location:** Warwick, Rhode Island 02886

**Fee:** Yes



## New England Wellness Programs

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For more information, contact (401) 267-8227 or [tppfitnessri@gmail.com](mailto:tppfitnessri@gmail.com).

## VERMONT

### **Movement for Parkinson's**

*Offered for people with Parkinson's disease and their caregivers, this dance class is designed to engage participants' mind and body through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm. Class is infused with a diverse selection of music that inspires and invigorates the spirit. Come and dance in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. No dance experience required. Classes are taught by Sara McMahon, a Dance for PD Certified Teacher.*

#### **Locations:**

- Flynn Center for the Performing Arts – Burlington, VT
- Montpelier Senior Arts Center – Montpelier, VT
- Pillsbury at Homestead – St Albans, VT

**Fee:** No

For more information, contact [movementforparkinsons@gmail.com](mailto:movementforparkinsons@gmail.com) or 802.881.9673.  
Link to Website [here](#).

### **TRX for Parkinson's**

*TRX includes body weight exercises that promote balance and coordination. All exercises involve more than one muscle group. TRX incorporates full range of movement in each exercise and a built in stretch comes with each exercise when done properly. Mat work for the core muscles and an end of class stretching period is incorporated.*

**Location:** UVAC – White River Junction, VT 05001

For more information, contact the Upper Valley Aquatic Center Front Desk at 802.296.2850.

### **Keep Moving with Parkinson's**

*Class is taught by Laurel Lakey, a licensed Physical Therapist Assistant with a BFA in Dance. Class incorporates exercises to address strength, flexibility, coordination and balance and are performed in both seated and standing positions.*

**Location:** Residence at Shelburne Bay – Shelburne VT 05482

**Fee:** No

For more information, contact Laurel Lakey at [laurellakey@deept.com](mailto:laurellakey@deept.com) or 802.985.4450.