



New Jersey 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](#).*

[North](#)

[Central](#)

[South](#)

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 nynj@parkinson.org.

August 2022



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.

NORTH JERSEY

Rock Steady Boxing

Location: Randolph, NJ 07869

For more information, contact Kathy Fisher at 973-366-1120 ext14 or randolphymca@rsbaffiliate.com.

Rock Steady Boxing –Bridgewater

The goal is to improve the quality of life for those struggling with Parkinson's disease. Meeting in person.

Location: Matrinville, NJ 08836

ASSESSMENTS: BY APPOINTMENT ONLY, please call 732-469-8448 to schedule.

For more information, contact Coach Anthony Christian at 732-469-8448 or

anthonystkd@msn.com

Link to website [here](#).

Strengthening Our Community: The Parkinson's Movement Disorder Education Program Saint Barnabas Medical Center

Location: West Orange, NJ 07052

For more information, contact (973) 322-5000

Link to Website [here](#).

Rock Steady Boxing Busacca Fitness

Location: Point Pleasant, NJ 08742

For more information contact Matt Busacca at Busaccam@gmail.com

Link to website [here](#).

Wellness Program

Location: Ridgewood, NJ

For more information, contact (201) 444-5600 ext. 330.

Parkinson Life Center of Southern New Jersey: Body in Balance Physical Therapy and Fitness Center

Location: Linwood, NJ, 08221

For more information, contact 609-365-8499.

Southeast Senior Center for Independent Living

Location: Englewood, NJ 07631

For more information, contact Kevin X. Kyle at (201) 747-9096 or Ilse Heller at (201) 265-4976.

Congregation Beth Ahm

Location: Verona, NJ



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.

For more information, contact Lucille at (973) 403-1294.

New Brunswick – RWJ Fitness & Wellness Center

Tai Chi & Movement Class

Location: New Brunswick, NJ

For more information, contact Cheylena Williams at (732) 745-7520 x. 1) or cheylena.williams@rwjbh.org.

***Dance for Parkinson's Classes, Princeton Ballet Society (dba American Repertory Ballet)**

Location: New Brunswick, NJ 08901 – Meeting online

For more information, contact Rachel Abrams at rabrams@arballet.org.

Parkinson's Exercise Program at Madison Area YMCA

Location: Madison, NJ 07940

For more information, contact Susan Shieley at (973) 822-9622 x. 2242.

Parkinson's Exercise Group Overlook

Location: Summit, NJ

For more information, contact Caroline Panter at (908) 522-5901 or (908) 522-2215.

Dance for Parkinson's

Dance for Parkinson's classes are taught by trained teaching artists who use music, guided imagery, vocalization, and movement from various genres of dance to provide participants with a holistic, safe, creative, and expressive experience.

Location: Carnabury, NJ 08512 – Meeting in-person and online

For more information, contact Lindsay Cahill at 732.249.1254 ext. 19 or lcahill@arballet.org

Link to website [here](#).

The Jewish Home Family Parkinson's Center

Various programs, including BIG and LOUD therapy, SLVT speech therapy, yoga, tai chi, Rock Steady Boxing, and assisted living.

Location: Rockleigh, NJ 07647- Meeting in-person and online

Fee: Price varies

For more information, contact 1-855-543-7275 or parkinsons@jewishfamilies.org.

Spreading Laughter to Live Better with Parkinson's, Jewish Home Family

Location: Rockleigh, NJ 07647

For more information, contact Sunni Herman at sherman@jewishhomefamily.org.

Link to Website [here](#).



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.

CENTRAL JERSEY

***Parkinson's Connection: Exercising Body, Mind, and Spirit, Jewish Federation of Southern New Jersey**

Location: Cherry Hill, NJ 08003

For more information, contact (856) 751-9500 or jewishfederation@jfedsnj.org.

Link to website [here](#).

***PD Resource Facilitator, CentraState Healthcare Foundation**

Location: Freehold, NJ

For more information, contact Sharon Purpuro at spurpuro@centrastate.com

Link to website [here](#).

Rock Steady Boxing

Location: Freehold, NJ 07728

For more information, contact Linda Ortiz at 732-812-0825 or

centrastate@rsbaffiliate.com.

Mastering Parkinson's, CentraState Healthcare Foundation

Location: Freehold, NJ 07728

For more information, contact spurpuro@centrastate.com.

Link to Website [here](#).

Rock Steady Boxing –Hillsborough

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Hillsborough, NJ 08844 – Meeting in-person and online

For more information, contact Barbara Kelly at 908-210-2153 or

rsbhillsborough@gmail.com

Link to website [here](#).

***ParkinSINGS: Improving Mental Health for Participants and Care Partners, JFK Medical Center**

Location: Edison, NJ 08818

For more information, contact Deborah Smith at

deborah.smith@hackensackmeridian.org.

Rock Steady Boxing

Location: Lavalette, NJ 08735

Fee: No

For more information, contact 914-837-6910 or JFK@rsbaffiliate.com.



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.

Johnson Rehabilitation Institute JRI Parkinson's Choir, John F. Kennedy Medical Center Foundation

Location: Edison, NJ 08820

For more information, contact deborah.smith@hackensackmeridian.org.

Link to Website [here](#).

Rock Steady Boxing – New Jersey Athletic Club

Location: Lawrenceville, NJ 08648

For more information, contact Barbara Kelly at 908-210-2153 or

allaboutbalancenj@gmail.com.

Rock Steady Boxing

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Princeton, NJ 08540

For more information, contact Ginny Scaduto at 609-571-6563 or

southbrunswick@rsbaffiliate.com.

Rock Steady Boxing

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Garwood, NJ 07027

Fee: Yes

For more information, contact Dayel Giammarino at (908) 922-7280 or

centraljersey@rsbaffiliate.com.

Fitness Forward for Parkinson's

Virtual Program for Parkinson's Population that includes:

Balance work, Original Strength warmups, Strength Training, Shadow Boxing for agility and Daily Wellness Tips to include nutrition, movement & mindfulness.

Location: Kendall Park, NJ 08824 – Meeting online

Fee: Monthly fee

For more information, contact Ginny Scaduto at 609-571-6536 or

ginnyscaduto@outlook.com.

SOUTH JERSEY

Parkinson's Connection at the Katz JCC

Whether you are newly diagnosed or have been fighting Parkinson's Disease for decades, The Parkinson's Connection at the Katz JCC is here to serve as a hub for all your movement and wellness needs. We hold Rock Steady Boxing, Dance for PD,



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.

Pilates for Neurological Disorders, Ballroom Dance for PD, Yoga for PD, Pedaling for PD.

Location: Cherry Hill, NJ 08003 – Meeting in-person and online

Fee: Free and fee-based classes available

For more information, contact Megan Matis at 856-424-4444 ext. 1151 or

mmatis@jfedsnj.org.

Link to Website [here](#).

Punch out PD, Parkinson Life Center of Southern New Jersey

Location: Linwood, NJ 08221

For more information, contact: parkinsonlifecenter@gmail.com.

Link to Website [here](#).

Rock Steady Boxing Jersey Shore

To provide a resource where all people diagnosed with Parkinson's Disease receive support, education, and research-based exercise programs that hold promise to slow the disease progression and enhance their quality of life.

Location: Linwood, NJ 08221 – Meeting in-person

Fee: Yes

For more information, contact Eleanor Hagan at 609-365-8499 or

sherric@bodyinbalancerehab.com.

Link to website [here](#).