



New Mexico Wellness Programs by City

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](#).*

Albuquerque

Santa Fe



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.

Albuquerque

Dance/Movement for Parkinson's

Group dance and movement class that is accessible to people with different levels of ability and limitation. The group is a movement to music class.

Location: Albuquerque, NM 87107– Meeting in-person

Fee: Yes

For more information, contact Joanie Carlisle at 505-579-9174

Define by Design Inc.

We offer kinesthetics training and renewal through group exercise circuits, boxing circuits, and resistance training.

Location: Albuquerque, NM 87102 – Meeting in-person

Fee: Yes, \$15

For more information, contact Frank Casanova at 505-459-4364 or swcasanova@gmail.com.

***Project to Improve and Expand Albuquerque Metro Support Groups, Parkinson's Connection of Central NM,**

Location: Albuquerque, NM

For more information contact Cindy Brown at cbrown@homeinsteadnm.com.

Link to website [here](#).

SANTA FE

Punching Out Parkinson's Santa Fe

We offer Parkinson's-specific classes such Rock Steady Boxing and PWR!Moves, as well as Tai Chi for fall prevention, gentle yoga, and Balance and Mobility classes.

Location: Santa Fe, NM 87505 – Meeting in-person

Fee: Donation based

For more information, contact Adrienne Shurbet at 505-930-1168 or popsantafe@gmail.com.