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## **New Mexico Wellness Programs by City**

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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.*

**[Albuquerque](#)**

**[Farmington](#)**

**[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

### **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](mailto:cbrown@homeinsteadnm.com).

Link to website [here](#).

## Farmington

### **Parkinson's Group of Farmington** (updated May 2023)

*We have a robust support and exercise group in Farmington, NM and serve the tri-city area of Farmington, Aztec and Bloomfield. We welcome anyone with a movement disorder. Support group is the first Monday of each month and ex. classes twice a week.*

**Location:** Farmington, New Mexico 87402 – Meeting in-person

**Fee:** No

For more information contact Wendy Bircher at (505) 803-5636 or [wdbircher@gmail.com](mailto:wdbircher@gmail.com).

## SANTA FE

### **Punching Out Parkinson's Santa Fe** (updated April 2023)

*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](mailto:popsantafe@gmail.com).