



North Carolina Wellness Groups 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](#).*

<u>Archdale</u>	<u>Hickory</u>
<u>Arden</u>	<u>Huntersville</u>
<u>Asheboro</u>	<u>Jacksonville</u>
<u>Asheville</u>	<u>Matthews</u>
<u>Burlington</u>	<u>Monroe</u>
<u>Candler</u>	<u> Mooresville</u>
<u>Carteret</u>	<u>Morehead City</u>
<u>Cary</u>	<u>New Bern</u>
<u>Chapel Hill</u>	<u>Oxford</u>
<u>Charlotte</u>	<u>Raleigh</u>
<u>Durham</u>	<u>Southport</u>
<u>Elon</u>	<u>Washington</u>
<u>Greensboro</u>	<u>Wilmington</u>
<u>Greenville</u>	<u>Winston-Salem</u>

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 carolinas@parkinson.org.



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.

ARDEN

Rock Steady Boxing

Location: Arden, NC 28704 – Meeting in-person

Fee: Yes

For more information, contact 828-684-1338 or southasheville@rsbaffiliate.com.

Link to Website [here](#).

ARCHDALE

Rock Steady Boxing

Location: Archdale, NC 27263 – Meeting in-person

Fee: Yes

For more information, contact 336-880-8335 or archdale@rsbaffiliate.com.

Link to Website [here](#).

ASHEBORO

Rock Steady Boxing

Location: Asheboro, NC 27205 – Meeting in-person

Fee: Yes

For more information, contact 336-880-8335 or asheboro@rsbaffiliate.com.

Link to Website [here](#).

ASHEVILLE

Knock Out Parkinson's Group Class

The program is a group class for people with Parkinson's. We do a variety of stretches, strengthening, balance, agility, and mobility exercises that the research has shown to benefit people with Parkinson's to reduce their symptoms.

Location: Asheville, NC 28803 – Meeting in-person and online

Fee: Variable

For more information, contact Sean Simonds at 828-484-4200 or

sean.simonds@movementforlife.com

Link to Website [here](#).



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YMCA of Western North Carolina - Parkinson's Intervention (updated November 2023)

Offering:

- *Pedaling for Parkinson's*
- *PWR!Moves*
- *Rock Steady Boxing*

Location: Asheville, NC 29901

For more information, contact Dianne Saccone at 828-575-2904

Link to Website [here](#).

BURLINGTON

Rock Steady Boxing – Results Driven Fitness

Location: Burlington, NC 27215 – *Meeting in-person*

Fee: Yes

For more information, contact 336-516-1488 or burlington@rsbaffiliate.com.

Link to Website [here](#).

CANDLER

Rock Steady Boxing – YMCA of Western North Carolina

Location: Candler, NC 28715 – *Meeting in-person*

Fee: Yes

For more information, contact 828-575-2904 or ymcawnc@rsbaffiliate.com.

Link to Website [here](#).

CARTERET

Rock Steady Boxing – The Gym at Cape Carteret Aquatic Center

Location: Carteret, NC 28584 – *Meeting in-person*

Fee: Yes

For more information, contact 252-393-1000 or capecarteret@rsbaffiliate.com.

Link to Website [here](#).

CARY

Rock Steady Boxing – NC Triangle Title Boxing Club

Location: Cary, NC 27513 – *Meeting in-person*

Fee: Yes

For more information, contact 704-302-3767 or nctriangle@rsbaffiliate.com.

Link to Website [here](#).

Aktivate Fitness- Rock Steady Boxing (updated September 2023)

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

November 2023



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.

Location: Cary, NC 27518 – Meeting in-person

Fee: Yes.

For more information, contact Meagan Jacobs at 918-899-2118 or email Studio@aktivatefitness.com
Link to Website [here](#).

CHAPEL HILL

Rock Steady Boxing – 919 Title Boxing Club Chapel Hill

Location: Chapel Hill, NC 27517 – Meeting in-person

Fee: Yes

For more information, contact 919-801-1925 or 919@rsbaffiliate.com.
Link to Website [here](#).

CHARLOTTE

***Charlotte area mind and body classes for persons with Parkinson's Disease, Back to Independence Rehab** (updated August 2023)

Back to Independence Rehab hosts free body and mind exercise class for persons with Parkinson's Disease. Body- The weekly exercise classes are held to incorporate PWR!Moves® movements to aide in daily life, address PD specific exercise parameters, and reduce Parkinson's disease symptoms. Sessions are twice a week for 7 weeks that aim to actively stimulate and engage people with PD, while providing an optimal learning environment with social benefits of a group for mental health.

Location: Charlotte, NC

Fee: Community Grant covers cost

For more information, contact Darci Pernoud at darci@btirehab.com.
Link to Website [here](#).

***Incorporating PWR!Moves™ in Novant Health Rehabilitation Therapeutic Services, Forsyth Medical Center Foundation** (updated August 2023)

Novant Health rehabilitation teams in four clinics in Winston-Salem, Salisbury, and Charlotte, North Carolina will offer PWR!Moves classes to individuals diagnosed with Parkinson's Disease and treated at Novant Health clinics as well as residents of the community at large. The PWR!Moves approach will complement ongoing Novant Health occupational and physical therapy services and promote an active lifestyle for program participants. The goal of the PWR!Moves approach is to improve postural control, ability to shift weight, axial mobility, and transitional movements. Improved control and mobility normalize movement patterns and decrease fall risk. PWR!Moves classes also promote social interaction and group support for people living with Parkinson's Disease.

Location: Charlotte, NC

Fee: \$10 per class, scholarships available

For more information, contact Randy Brantley at rbrantley@novanthealth.org.
Link to Website [here](#).



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Parkinson's Exercise & Wellness Program- Monroe, Amp It Up Fitness, LLC

Location: Charlotte, NC

For more information contact Susan Wiseman at susan@ampitupfitness.com.

Link to website [here](#).

Rock Steady Boxing Charlotte – Just Workout Fitness Studio

Rock Steady Boxing classes for people with Parkinson's Disease.

Location: Charlotte, NC 28211 – Meeting in-person

Fee: Yes

For more information, contact 704-953-4104, charlotte@rsbaffiliate.com, or Rose@just-workout.com.

Link to Website [here](#).

Rock Steady Boxing Charlotte – Levine Jewish Community Center

Location: Charlotte, NC 28211 – Meeting in-person

Fee: Yes

For more information, contact 704-944-6870 or levinejcc@rsbaffiliate.com.

Link to Website [here](#).

Back to Independence Rehab

Location: Charlotte, NC 28217– Meeting in-person

Fee: Yes

For more information, contact Darci Pernoud at 980-272-7105 or email Darci@btirehab.com

Link to Website [here](#).

DURHAM

Duke Health & Fitness Center - PWR Moves

PWR! Moves is a Parkinson-Disease-specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements

Location: Durham, NC – Meeting in-person

For more information, contact Kevin Riggins at 919-660-6807 or kevin.riggins@duke.edu.

Link to Website [here](#).

Parkinson's Movement Initiative at ADF, American Dance Festival

Parkinson's PWR! Moves Mondays

PMI offers weekly movement classes in Pilates and dance to the PD community and their caregivers.

Location: Durham, NC 27701 – Meeting online

For more information, contact Alexis Kralic at alexis@americandancefestival.org.

Link to Website [here](#).

Rock Steady Boxing

Location: Durham, NC 27713 – Meeting in-person

Fee: Yes

For more information, contact 919-864-2096 or durham@rsbaffiliate.com.

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Link to Website [here](#).

Rock Steady Boxing – Upright Athlete

Location: Durham, NC 27707 – Meeting in-person

Fee: Yes

For more information, contact 919-493-1204 or uprightathlete@rsbaffiliate.com.

Link to Website [here](#).

ELON

Move Virtually with Elon (MO.V.E.) program for Individuals with Parkinson's Disease, Elon University

Location: Elon, NC – Meeting online

For more information, contact Srikant Vallabhajosula at svallabhajosula@elon.edu

Link to website [here](#).

GREENSBORO

***Parkinson's Community Grant with Cone Health, The Moses H. Cone Memorial Hospital Operating Corporation** (updated August 2023)

This program is designed to provide comprehensive training and instruction to participants on physical activity, exercise, and safety to improve the physical, mental and psychosocial health of those with Parkinson's. The program includes registration and pre-data recording, training and instructional materials development, training on techniques of the specific exercise program/intervention, and following Parkinson's foundation guidelines on exercise. This includes but is not limited to training on balance and coordination exercises, training on flexibility and stretching, training on exercise that helps with mental health, an awareness session on home safety and fall prevention, and arranging group discussions and activities.

Location: Greensboro, NC

Fee: Community Grant covers cost

For more information, contact Misty Taylor-Paladino at misty.taylorpaladino@conehealth.com.

Link to Website [here](#).

Rock Steady Boxing

Location: Greensboro, NC 27455 – Meeting in-person

Fee: Yes

For more information, contact 336-282-4200 or greensboro@rsbaffiliate.com.

Link to Website [here](#).



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Sagewell Parkinson's (updated November 2023)

Parkinson's Chair and PWR! classes

Location: Greensboro, NC 27410 – *Meeting in-person*

Fee: Yes, for non-members, Free to Members

For more information, contact Christy Weaver at 336-307-1918 or email sagewell@conehealth.com

Link to Website [here](#).

GREENVILLE

***Pirates "POWER" over Parkinson's: A PWR!Moves® Exercise Class in Eastern North Carolina, East Carolina University** (updated November 2023)

Pirates "POWER" over Parkinson's: A PWR!Moves® Exercise Class in Eastern North Carolina is an interdisciplinary PWR!Moves® exercise program conducted at East Carolina University in Greenville, NC, to address this need for care. PWR!Moves® is a Parkinson's Foundation accredited exercise program that will provide individuals with PD increased access to affordable, quality, and effective intervention and offer lasting health and wellness benefits. The program will include assessments at the beginning and end of the program, a 1:1 exercise session with a Parkinson's Specialist Physical and Occupational Therapist, followed by group exercise classes and a home exercise program focusing on the Parkinson's Disease exercise recommendations from the Parkinson's Foundation. There will be both a fall and spring session. Additionally, we expect that this program will help improve mental health for participants and grow the pipeline of PD experts.

Location: Greenville, NC

Fee: \$20 per session, Community Grants covers cost

For more information, contact Lauren Turbeville at turbeville120@ecu.edu.

Link to Website [here](#).

HICKORY

Partnership for Parkinson's – YMCA

Available classes include Gentle Yoga for Parkinson's, Gentle Dance for Parkinson's, and Tai Chi for Balance.

Location: Hickory, NC 28602 – *Meeting in-person*

Fee: Yes, YMCA membership

For more information, contact (828) 324-9622.

Link to Website [here](#).

Rock Steady Boxing

Location: Hickory, NC 28602 – *Meeting in-person*

Fee: Yes

For more information, contact 704-657-1080 or hickorync@rsbaffiliate.com.

Link to Website [here](#).



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HUNTERSVILLE

Huntersville Rock Steady Boxing

Location: Huntersville, NC – *Meeting in-person*

For more information, contact 704-622-0200 or huntersville@rsbaffiliate.com.

Fee: Yes

Link to Website [here](#).

JACKSONVILLE

Rock Steady Boxing – Camp Lejeune

Location: Jacksonville, NC 28540 – *Meeting in-person*

Fee: Yes

For more information, contact 910-467-7825 or camplejeune@rsbaffiliate.com.

Link to Website [here](#).

MATTHEWS

Rock Steady Boxing – Matthews Glen

Location: Matthews, NC 28540 – *Meeting in-person*

Fee: Yes

For more information, contact 704-845-5900 or matthewsglen@rsbaffiliate.com.

Link to Website [here](#).

MONROE

Parkinson's Exercise Classes

Location: Monroe / Union, NC – *Meeting in-person*

For more information, contact Cindy Leckey at 704-291-0007 or dobee5555@windstream.net.

MOORESVILLE

Rock Steady Boxing – Lake Norman Muay Thai

Location: Mooresville, NC 28117 – *Meeting in-person*

Fee: Yes

For more information, contact 704-657-1080 or lknmuaythai@rsbaffiliate.com.

Link to Website [here](#).

MOREHEAD CITY

Rock Steady Boxing – Sports Center of Morehead

Location: Morehead City, NC 28557 – *Meeting in-person*

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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.

Fee: Yes

For more information, contact 843-424-4575 or wilmington@rsbaffiliate.com.

Link to Website [here](#).

NEW BERN

Capturing the Community, Bike Box Project

Location: New Bern, NC

For more information, contact Bethany Richards at bethany@bikeboxproject.org.

Link to Website [here](#).

Rock Steady Boxing & Pedaling for Parkinson's – SWEAT Camp

Location: New Bern, NC 28560 – *Meeting in-person*

Fee: Yes

For more information, contact 571-215-9282 or newbern@rsbaffiliate.com.

Link to Rock Steady Boxing Website [here](#).

Link to Pedaling for Parkinson's Website [here](#).

OXFORD

Rock Steady Boxing – Granville County Senior Center

Location: Oxford, NC 27565 – *Meeting in-person*

Fee: Yes

For more information, contact 919-693-1930 or granville@rsbaffiliate.com.

Link to Website [here](#).

RALEIGH

Rock Steady Boxing – NC Triangle Title Boxing Club

Location: Raleigh, NC 27613 – *Meeting in-person*

Fee: Yes

For more information, contact 704-302-3767 or nctriangle@rsbaffiliate.com.

Link to Website [here](#).

Rock Steady Boxing – The Cardinal at North Hills

Location: Raleigh, NC 27609 – *Meeting in-person*

Fee: Yes

For more information, contact 984-204-8444 or cardinalatnorthhills@rsbaffiliate.com.

Link to Website [here](#).



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SOUTHPORT

2022 BCWC Parkinson's Exercise Program, Brunswick County Wellness Center

Location: Southport, NC

For more information contact Sara Fox at sara0318@live.com.

Link to Website [here](#).

WASHINGTON

Rock Steady Boxing – Athletic Edge Sports & Fitness

Location: Washington, NC 27889 – *Meeting in-person*

Fee: Yes

For more information, contact 252-975-0003 or athleticedge@rsbaffiliate.com.

Link to Website [here](#).

WILMINGTON

Rock Steady Boxing – Independence Mall

Location: Wilmington, NC 28403 – *Meeting in-person*

Fee: Yes

For more information, contact 843-424-4575 or independencemall@rsbaffiliate.com.

Link to Website [here](#).

YMCA Parkinson's Program-- Expansion and Community Outreach, YMCA of Southeastern North Carolina

Location: Wilmington, NC

For more information, contact Bridget Carroll at bridget.carroll@ymcasenc.org.

Link to Website [here](#).

WINSTON-SALEM

Rock Steady Boxing – C3 Clemmons

Location: Winston-Salem, NC 27103 – *Meeting in-person*

Fee: Yes

For more information, contact 336-403-0285 or c3clemmons@rsbaffiliate.com.

Link to Website [here](#).