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## Ohio Wellness Programs by County

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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](#).*

<a href="#"><u>Allen</u></a>	<a href="#"><u>Mahoning</u></a>
<a href="#"><u>Athens</u></a>	<a href="#"><u>Marion</u></a>
<a href="#"><u>Auglaize</u></a>	<a href="#"><u>Medina</u></a>
<a href="#"><u>Beachwood</u></a>	<a href="#"><u>Miami</u></a>
<a href="#"><u>Clark</u></a>	<a href="#"><u>Montgomery</u></a>
<a href="#"><u>Cuyahoga</u></a>	<a href="#"><u>Muskingum</u></a>
<a href="#"><u>Fairfield</u></a>	<a href="#"><u>Portage</u></a>
<a href="#"><u>Franklin</u></a>	<a href="#"><u>Putnam</u></a>
<a href="#"><u>Hamilton</u></a>	<a href="#"><u>Ross</u></a>
<a href="#"><u>Knox</u></a>	<a href="#"><u>Sandusky</u></a>
<a href="#"><u>Lorain</u></a>	<a href="#"><u>Stark</u></a>
	<a href="#"><u>Summit</u></a>
	<a href="#"><u>Trumbull</u></a>
	<a href="#"><u>Warren</u></a>

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 [greatlakes@parkinson.org](mailto:greatlakes@parkinson.org).



## Ohio Wellness Programs

*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.*

### Allen County

#### **Lima Area Parkinson's Exercise group [Updated April 2023]**

**Location:** Lima, OH 45807

For more information, contact Beth Hartoon, PT at 419-523-3590 or Heather Harvey at 419-226-9632.

#### **Rock Steady Boxing at SCS Lima [Updated April 2023]**

*Rock Steady Boxing at SCS Lima is a boxing-inspired fitness program designed to attack Parkinson's Disease at its Neurological weak points. Boxing, cardiovascular, agility, strength, and balance exercises are all incorporated into a Rock Steady workout.*

**Location:** Lima, Oh 45807— *Meeting in-person*

**Fee:** Yes

For more information, contact Molly Scott at 419-991-8811 or [scslima@rsbaffiliate.com](mailto:scslima@rsbaffiliate.com)

Link to website [here](#).

### Athens County

#### **The Parkinson's Exercise Project (PEP!) Class [Updated March 2023]**

**Location:** Athens, OH 45701

For more information, contact Brooke Vaughan, PT at 740-593-1210 or [vaughanb@ohio.edu](mailto:vaughanb@ohio.edu).

### Auglaize County

#### **Wapakoneta Area Parkinson's Exercise Group [Updated April 2023]**

**Location:** Wapakoneta, OH 45895

For more information, For more information contact Karen Lenhart or Mary Stoll at 419-996-5405.

### Beachwood County

#### **FOX Rehabilitation [Updated April 2023]**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga Counties | *Meeting in-person*

For more information, contact Suzy Tremaine at 330-575-2329

or [susan.tremaine@foxrehab.org](mailto:susan.tremaine@foxrehab.org)

Link to website [here](#).



## Ohio Wellness Programs

*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.*

### **Improving Mental Health Through Community-Based Exercise, InMotion [Updated April 2023]**

**Location:** Beachwood, OH - *Meeting in-person and online*

**Fee:** No

For more information, contact Cathe Schwartz at [cschwartz@beinmotion.org](mailto:cschwartz@beinmotion.org)

Link to website [here](#).

## Clark County

### **United Senior Services Exercise Class [Updated April 2023]**

*This exercise class is specifically designed for individuals with symptoms of, or a diagnosis of, Parkinson's Disease and their companions. No fitness experience is required; all skill levels are welcome.*

**Location:** Springfield, OH 45502 – *Meeting in-person*

**Fee:** USS membership required

For more information contact Cindy Lockwood at 937-323-4948 x140 or

[clockwood@unitedseniorservices.org](mailto:clockwood@unitedseniorservices.org).

Link to website [here](#).

## Cuyahoga County

### **FOX Rehabilitation [Updated April 2023]**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga Counties. - *Meeting in person*

For more information, contact Suzy Tremaine at 330-575-2329

or [susan.tremaine@foxrehab.org](mailto:susan.tremaine@foxrehab.org)

Link to website [here](#).

### **Improved Outcomes for People with Parkinson's Disease Through a Multi-Modal Approach, InMotion [Updated April 2023]**

*Prior to scheduling classes at InMotion, all prospective new clients need to complete a 30-minute orientation, available by appointment only. To schedule your orientation, please contact Kari Kreft at 216.342.5783 or email [kkreft@beinmotion.org](mailto:kkreft@beinmotion.org).*

**Locations:**

- Cleveland, OH 44128 - contact InMotion at 216-342-4417
- Warrensville Heights, OH - contact Cathe Schwartz at [cschwartz@beinmotion.org](mailto:cschwartz@beinmotion.org).

### **Mental Health Benefits of Mindful Movement for People with Parkinson's Disease, InMotion [Updated April 2023]**

**Locations:** Warrensville Heights, OH 44128

For more information, contact Cathe Schwartz at [cschwartz@beinmotion.org](mailto:cschwartz@beinmotion.org).

Link to Website [here](#).

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



## Ohio Wellness Programs

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### **Music Therapy [Updated April 2023]**

**Location:** Lakewood, OH 44107 – *Meeting in-person*

**Fee:** No

For more information, contact Esther Verbovszky at 216-320-2456 or [jojojoey@ameritech.net](mailto:jojojoey@ameritech.net).  
Link to Website [here](#).

### **Rock It Out - Rock Steady Boxing Cleveland [Updated April 2023]**

*Classes are taught by Rock Steady Certified Trainers coaches. Classes include exercises that attack Parkinson's at its vulnerable neurological points. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid 30s to early 90s.*

**Location:** Lakewood, OH 44107

**Fee:** Yes

For more information, contact Maria Pujolas at 216-383-6232 or [Maria@rockitout.org](mailto:Maria@rockitout.org).  
Link to Website [here](#).

### **Rock Steady Boxing - Lifeworks of Southwest General [Updated April 2023]**

*Schedule your assessment before beginning the class.*

**Location:** Middleburg Heights, OH 44130

For more information, contact Karen at 440-816-4210.

## Fairfield County

### **Rock Steady Boxing [Updated April 2023]**

*Schedule your assessment before beginning the class.*

**Location:** Pickerington, OH 43147 – *Meeting in-person*

For more information, contact 614-949-6203.

## Franklin County

### **Columbus Dance for Parkinson's [Updated April 2023]**

**Location:** Columbus, OH 43202 – *Meeting in-person*

**Fee:** Yes

For more information, contact Chloe Napoletano at 330-564-3481 or [Perennialmovementgroup@gmail.com](mailto:Perennialmovementgroup@gmail.com)  
Link to Website [here](#).

### **Columbus Dance for Parkinson's – Parkside [Updated April 2023]**

**Location:** Westerville, OH 43082

For more information, contact Chloe Napoletano at 330-564-3481 or [Perennialmovementgroup@gmail.com](mailto:Perennialmovementgroup@gmail.com)  
Link to Website [here](#).

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### **Ohio State's Comprehensive Community Programming for Individuals with Parkinson's Disease, The Ohio State University (OSU) [Updated April 2023]**

*In-person group exercise classes are offered, as well as online, virtual voice classes*

**Location:** Columbus, OH 43081 – Meeting in-person and online

**Fee:** Yes

For more information, contact Katlyn Kendzierski at [katlyn.kendzierski@osumc.edu](mailto:katlyn.kendzierski@osumc.edu) or 812-589-1332

Link to Website [here](#).

### **OSU Drum Dance Rehabilitation: A Novel Parkinson's Disease Therapy Program (SLAM - Speech, Language and Music) Lab [Updated April 2023]**

**Location:** Columbus, OH

For more information, contact [slamlabosu@gmail.com](mailto:slamlabosu@gmail.com).

Link to Website [here](#).

### **OSU - Exercise with Purpose [Updated April 2023]**

*This group exercise class is instructed by a licensed Exercise Physiologist in collaboration with a Physical Therapist. The class is 60 minutes and includes a variety of activities including: stretching, patient education, increased amplitude functional exercises, forced effort exercise, motor-cognitive and motor-motor dual tasking, boxing and more.*

**Fee:** Yes

**Locations:** Meeting in-person

- **OSU - Outpatient Care New Albany**, Westerville, OH 43081 (April to June)
- **OSU - Integrative Medicine Center**, Columbus, OH 43221 (April to June)
- **OSU - Outpatient Care Dublin**, Dublin, OH 43016 (April to June)

For more information contact Katlyn Kendzierski at [katlyn.kendzierski@osumc.edu](mailto:katlyn.kendzierski@osumc.edu).

### **OSU - Harmonica: A Breath of Fresh Air - Virtual Music Class [Updated April 2023]**

*This class includes guided harmonica practice and play for People with Parkinson's disease and their Care Partners. This class is designed for non-musicians and musicians alike to ignite the love of music, inspire you to learn a new instrument, and address common symptoms of Parkinson's disease*

**Location:** Live Zoom Meeting-Will receive link via email after registration

**Fee:** Yes, one-time book and harmonica purchase

For more information contact [pamilyn.richardson@osumc.edu](mailto:pamilyn.richardson@osumc.edu).

Harmonica link [here](#).

Book link [here](#).



## Ohio Wellness Programs

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### **OSU - Moving with Purpose [Updated April 2023]**

**Location:** Check OSU website for location details

For more information, contact [katlyn.kendzierski@osumc.edu](mailto:katlyn.kendzierski@osumc.edu)

Link to Website [here](#).

### **OSU - Forced Effort Aerobics at Healthy New Albany [Updated April 2023]**

**Location:** Check OSU website for location details

For more information, contact Jessica Pfister at [Jessica.pfister@osumc.edu](mailto:Jessica.pfister@osumc.edu) or 614-366-2758.

Link to Website [here](#).

### **OSU - Shout! Voice Classes [Updated April 2023]**

*Register:* [go.osu.edu/SHOUT](http://go.osu.edu/SHOUT)

**Location:** Check OSU website for location details

Link to Website [here](#).

### **OSU - Speaking with Purpose - Virtual Voice Class [Updated April 2023]**

*Speaking with Purpose is a group exercise class instructed by a board certified Music Therapist with collaboration of a Speech Pathologist. Participants and their care providers meet for one hour and participate in rhythmic movement exercises, diaphragmatic breathing, voice exercises, singing, cognitive tasks and conversation tasks with a partner. Targeted training for voice and therapeutic singing have been associated with lasting changes for people with Parkinson's Disease.*

**Location:** Live Zoom Meeting-Will receive link via email after registration

**Fee:** Yes

For more information, contact [pamilyn.richardson@osumc.edu](mailto:pamilyn.richardson@osumc.edu)

### **OSU - Outdoor Nordic Pole Walking [Updated April 2023]**

**Location:** Check OSU website for location details

For more information, contact Jessica Pfister at [Jessica.pfister@osumc.edu](mailto:Jessica.pfister@osumc.edu) or 614-366-2758.

Link to Website [here](#).

### **Delay the Disease Exercise Classes (Dublin) [Updated April 2023]**

**Location:** Columbus, OH 43235 – *Meeting in-person*

### **Delay the Disease Exercise Classes (Prairie Township) [Updated April 2023]**

**Location:** Galloway, OH 43119 – *Meeting in-person*

**Fee:** Yes

For more information, contact 614.907.7990.

### **Delay the Disease - Senior Star at Dublin Retirement Village (Independent Living Building) [Updated April 2023]**

**Location:** Dublin, OH 43016

For more information, contact Andrea Klabbatz at 614-764-2800

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## Ohio Wellness Programs

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### **Delay the Disease - Senior Star at Dublin Retirement Village (Assisted Living/Memory Support Building) [Updated April 2023]**

**Location:** Dublin, OH 43016

For more information, contact Jessie Ritter at 614-389-1475.

### **PDNextSteps [Updated April 2023]**

*Various Delay the Disease classes offered; 1:1 Personal Training by appointment*

**Location:** Dublin, OH 43017 – *Meeting in-person and online*

For more information, contact [PDNextSteps@gmail.com](mailto:PDNextSteps@gmail.com) or 614-526-4262

## Hamilton County

### **Alpha Neuro Fitness [Updated April 2023]**

*Offer 1-on-1 and 2-on-1 gait and balance training, group classes.*

**Location:** Cincinnati, OH 45217

For more information, contact Adam at 859-609-2155 or Avery at 614-395-1309 to schedule your free assessment.

### **\*Drumming Up Health in the Parkinson's Community, Cincinnati Music & Wellness Coalition [Updated April 2023]**

**Location:** Cincinnati, OH

For more information, contact Arlene de Silva at 513-315-7393 or

[arlene@musicandwellness.net](mailto:arlene@musicandwellness.net)

Link to website [here](#).

### **\*Voices for Parkinson's, Voices for Parkinson's Inc 501(3)© [Updated April 2023]**

**Location:** Loveland, OH - *Meeting in-person*

For more information, contact Caitlin Fattore at [caitlinfattore@gmail.com](mailto:caitlinfattore@gmail.com).

Link to website [here](#).

## Knox County

### **Delay the Disease Exercise Class - Knox Community Hospital Center for Rehab and Wellness [Updated April 2023]**

**Location:** Fredericktown, OH 43019 – *Meeting in-person*

**Fee:** No

For more information, contact Debb Link at 740-393-9670

Link to website [here](#).





## Ohio Wellness Programs

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### Lorain County

#### **Rock Steady Boxing, Delay the Disease [Updated April 2023]**

*To get started in these classes, schedule a free wellness assessment.*

**Location:** University Hospitals PD Boot Camp Wellness Program

For more information, contact Kelly Kassinger at 440-328-3446

### Mahoning County

#### **FOX Rehabilitation [Updated April 2023]**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga Counties | *Meeting in-person*

For more information, contact Suzy Tremaine at 330-575-2329

or [susan.tremaine@foxrehab.org](mailto:susan.tremaine@foxrehab.org)

Link to website [here](#).

#### **Total Parkinson's - Davis Family YMCA [Updated April 2023]**

*Helping Parkinson's disease (PD) patients manage their symptoms and maintain a quality of life is one of the many reasons we offer Total HealthWorks: Total Parkinson's. This specialized fitness program is designed to empower people with PD to take control of the disease with daily exercise.*

**Location:** Youngstown, OH 44512 – *Meeting in-person*

**Fee:** non-YMCA members pay a fee

For more information contact Kathy Hevener at [khevener@youngstownymca.org](mailto:khevener@youngstownymca.org) or call 330-480-5656 ext 236

### Marion County

#### **Delay the Disease Marion Family YMCA [Updated April 2023]**

**Location:** Marion, OH 43302 – *Meeting in-person*

**Fee:** Yes, classes are \$17 per 7-week sessions for Marion YMCA members or \$70 per 7-week session for non-members. Financial Assistance is available for those that qualify. First trial class is free.

For more information, contact Heather Wright at 740-725-9622.

### Medina County

#### **Create a Better You Program - Brunswick Recreation Center [Updated April 2023]**

**Location:** Brunswick, OH 44212 – *Meeting in person*

For more information, contact Darlene Jarvis at 330-416-3680 or [djarvis@medinaco.org](mailto:djarvis@medinaco.org).





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### Miami County

#### **Upper Valley Medical Center Parkinson's Fitness Class, Premier Health [Updated April, 2023]**

*If you have Parkinson's disease, you may find this unique exercise program to be a life-changer, as many have described it. The program is based on evidence that indicates that structured exercise routines can retrain your mind and body to keep you in control. In a friendly, comfortable environment you'll practice doing exercises that focus on strength training and overcoming specific challenges of Parkinson's.*

**Location:** Troy, OH 45373 – Meeting in-person

**Fee:** Yes, Registration fee subsidized for all participants by the Parkinson's Foundation

For more information, contact James Christoffel at [jrchristof@premierhealth.com](mailto:jrchristof@premierhealth.com)

Link to website [here](#).

### Montgomery County

#### **\*Kettering Health - Parkinson's Fit Club, Kettering Medical Center [Updated April 2023]**

**Location:** Kettering, OH – Meeting in-person

**Fee:** Yes

For more information contact Christine Mclean 937-401-7509

Link to website [here](#).

#### **Miami Valley Hospital North Parkinson's Fitness Class, Premier Health [Updated April, 2023]**

*If you have Parkinson's disease, you may find this unique exercise program to be a life-changer, as many have described it. The program is based on evidence that indicates that structured exercise routines can retrain your mind and body to keep you in control.*

*In a friendly, comfortable environment you'll practice doing exercises that focus on strength training and overcoming specific challenges of Parkinson's.*

**Location:** Englewood, OH 45415 – Meeting in-person

**Fee:** Yes, Registration fee subsidized for all participants by the Parkinson's Foundation

For more information, contact James Christoffel at [jrchristof@premierhealth.com](mailto:jrchristof@premierhealth.com)

Link to website [here](#).

#### **Saint Leonard Parkinson's Support Group [Updated April 2023]**

**Location:** Centerville, OH 45458 – Meeting in-person

**Fee:** No

For more information, contact Dawn Arrowood at 937-439-7145 or

[Dawn.arrowood@commonspirit.org](mailto:Dawn.arrowood@commonspirit.org)



## Ohio Wellness Programs

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### **Rock Steady Boxing of Downtown YMCA [Updated April 2023]**

*This class offering fluctuates based on seasonal trends. If you are interested, make sure to check out the website to ensure the YMCA is holding the class.*

For more information, contact Heather at [hhogge@daytonymca.org](mailto:hhogge@daytonymca.org)

Link to Website [here](#).

## Muskingum County

### **Rock Steady Boxing Exercise Class [Updated April 2023]**

**Location:** Zanesville, OH 43701 – *Meeting in-person*

**Fee:** Yes

For more information, contact Rhonda Forrestal, PT at 740-455-5151

Link to website [here](#).

### **Aquatics Parkinson Exercise Class [Updated April 2023]**

**Location:** Zanesville, OH 43701

For more information, contact Rhonda Forrestal, PT at 740-455-5151

Link to website [here](#).

## Portage County

### **FOX Rehabilitation [Updated April 2023]**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga Counties | *Meeting in-person*

For more information, contact Suzy Tremaine at 330-575-2329

or [susan.tremaine@foxrehab.org](mailto:susan.tremaine@foxrehab.org)

Link to website [here](#).

## Putnam County

### **St. Rita's Parkinson's Exercise Programs [Updated April 2023]**

**Location:** Ottawa, OH 45875 – *Meeting in-person*

**Fee:** May require YMCA membership

For more information, contact Heather Shininger, PT at 419-523-3590 or

[HDSshininger@mercy.com](mailto:HDSshininger@mercy.com)

Link to Website [here](#).

## Ross County

### **Exercise Class**

*A monthly calendar of support group meetings and exercise classes is available at the class.*

**Location:** Chillicothe, OH 45601

For more information, contact Misty Allen at 740-773-4928 or 740-779-3000.

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## Ohio Wellness Programs

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### Sandusky County

#### **Rock Steady Boxing – Fremont [Updated April 2023]**

*This class is designed to improve balance and coordination, and attack Parkinson's at its vulnerable neurological points. From boxing combinations, repetitions, and quick movements, we'll focus on your overall fitness.*

**Location:** Fremont, OH 43420 – *Meeting in-person*

**Fee:** Yes

For more information, contact Angie Schroeder at 419-307-8533 or [sanduskycounty@rsbaffiliate.com](mailto:sanduskycounty@rsbaffiliate.com)

Link to Website [here](#).

### Stark County

#### **North Canton Delay the Disease [Updated April 2023]**

**Location:** North Canton Community Building YMCA – North Canton, OH 44720 – *Meeting in-person*

**Fee:** No

For more information, contact Melissa Svetlich, Health and Wellness Coordinator at 614-659-7391 or [msvetlich@ymcastark.org](mailto:msvetlich@ymcastark.org)

### Summit County

#### **FOX Rehabilitation [Updated April 2023]**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga Counties | *Meeting in-person*

For more information, contact Suzy Tremaine at 330-575-2329

or [susan.tremaine@foxrehab.org](mailto:susan.tremaine@foxrehab.org)

Link to website [here](#).

### Trumbull County

#### **FOX Rehabilitation [Updated April 2023]**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga Counties | *Meeting in-person*

For more information, contact Suzy Tremaine at 330-575-2329

or [susan.tremaine@foxrehab.org](mailto:susan.tremaine@foxrehab.org)

Link to website [here](#).



## Ohio Wellness Programs

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### Warren County

#### **\*Countryside Delay the Disease Fitness Class, Premier Health [Updated April, 2023]**

*If you have Parkinson's disease, you may find this unique exercise program to be a life-changer, as many have described it. The program is based on evidence that indicates that structured exercise routines can retrain your mind and body to keep you in control.*

*In a friendly, comfortable environment you'll practice doing exercises that focus on strength training and overcoming specific challenges of Parkinson's.*

**Location:** Lebanon, OH 45063 – Meeting in-person

**Fee:** Yes, Registration fee subsidized for all participants by the Parkinson's Foundation

For more information, contact James Christoffel at [jrchristof@premierhealth.com](mailto:jrchristof@premierhealth.com)

Link to website [here](#).