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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>Marion</u></a>
<a href="#"><u>Athens</u></a>	<a href="#"><u>Medina</u></a>
<a href="#"><u>Auglaize</u></a>	<a href="#"><u>Montgomery</u></a>
<a href="#"><u>Beachwood</u></a>	<a href="#"><u>Muskingum</u></a>
<a href="#"><u>Champaign</u></a>	<a href="#"><u>Pickaway</u></a>
<a href="#"><u>Clark</u></a>	<a href="#"><u>Pike</u></a>
<a href="#"><u>Cuyahoga</u></a>	<a href="#"><u>Putnam</u></a>
<a href="#"><u>Fairfield</u></a>	<a href="#"><u>Ross</u></a>
<a href="#"><u>Franklin</u></a>	<a href="#"><u>Sandusky</u></a>
<a href="#"><u>Hamilton</u></a>	<a href="#"><u>Scioto</u></a>
<a href="#"><u>Knox</u></a>	<a href="#"><u>Stark</u></a>
<a href="#"><u>Lake</u></a>	<a href="#"><u>Summit</u></a>
<a href="#"><u>Licking</u></a>	<a href="#"><u>Warren</u></a>
<a href="#"><u>Lorain</u></a>	<a href="#"><u>Wayne</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).

September 2022



## 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

#### **“PARK” Parkinson’s Activity and Rehabilitation Clinic**

**Location:** Delphos, OH 45833

For more information, contact Robert Kann, PT at 419.236.2419.

#### **Lima Area Parkinson’s Exercise group**

**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**

**Location:** Lima, Oh 45807—meeting in person

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.

**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**

**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**

**Location:** Wapakoneta, OH 45895

For more information, contact Beth Hartoon, PT at 419-523-3590 or Karen Lenhart at 419-226-9019.

### Beachwood County

#### **\*Fit For You: A Holistic Approach to Wellness for People with Advanced Parkinson's Disease, InMotion**

**Location:** Beachwood, OH

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

Link to website [here](#).

#### **FOX Rehabilitation**

**Location:** Multiple locations in Beachwood, Trumbull, Mahoning, Summit & Cuyahoga



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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](#).

### **Improving Mental Health Through Community-Based Exercise, InMotion**

**Location:** Beachwood, OH

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

Link to website [here](#).

## Champaign County

### **“PARK” Parkinson’s Activity and Rehabilitation Clinic**

**Location:** Urbana, OH 43078

For more information, contact Robert Kann, PT at 419.236.2419.

## Clark County

### **United Senior Services Exercise Class**

**Location:** Springfield, OH 45502

For more information, contact Linda Sauers at 937.521.3009.

## Cuyahoga County

### **Care Partner Retreat: An Educational Symposium for Care Partners of Individuals with PD, Cleveland Clinic**

**Location:** Cleveland, OH

For more information, contact Ellen Marie Walter at [waltere2@ccf.org](mailto:waltere2@ccf.org).

Link to Website [here](#).

### **Evaluation and Treatment Considerations for Individuals with Parkinson's Disease Cleveland Clinic Foundation**

**Location:** Cleveland, OH

For more information, contact Ellen Walter at [waltere2@ccf.org](mailto:waltere2@ccf.org)

Link to website [here](#).

### **FOX Rehabilitation**

**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)

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### **Improved Outcomes for People with Parkinson's Disease Through a Multi-Modal Approach, InMotion**

*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**

**Locations:** Warrensville Heights, OH 44128

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

Link to Website [here](#).

### **Music Therapy**

**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](#).

### **Parkinson's Disease Yoga Therapy Program , Cleveland Clinic Foundation**

**Location:** Cleveland, OH 44195

For more information, contact Alicia Switzer [switzea@cff.org](mailto:switzea@cff.org).

Link to Website [here](#).

### **Rock Steady Boxing Cleveland**

*Schedule your assessment before beginning the class.*

**Location:** Lakewood, OH 44107

For more information, contact Maria Pujolas at 216.383.6232 or

[maria@rocksteadyboxingcle.com](mailto:maria@rocksteadyboxingcle.com).

Link to Website [here](#).

### **Rock Steady Boxing - Lifeworks of Southwest General**

*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**

*Schedule your assessment before beginning the class.*

**Location:** Pickerington, OH 43147



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For more information, contact 614.949.6203.

### Franklin County

#### **Columbus Dance for Parkinson's**

**Location:** Columbus, OH 43202

For more information, contact Chloe Napoletano at 330-564-3481 or

[columbusdanceforpd@gmail.com](mailto:columbusdanceforpd@gmail.com)

Link to Website [here](#).

#### **Columbus Dance for Parkinson's - Parkside**

**Location:** Westerville, OH 43082

For more information, contact Chloe Napoletano at 330-564-3481 or

[columbusdanceforpd@gmail.com](mailto:columbusdanceforpd@gmail.com)

Link to Website [here](#)

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

**Location:** Columbus, OH 43221 – *Meeting in-person and online*

For more information, contact Jared Braden at [jared.braden@osumc.edu](mailto:jared.braden@osumc.edu)

Link to Website [here](#).

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

**Location:** Columbus, OH

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

Link to Website [here](#).

#### **OSU - Moving with Purpose**

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

Link to Website [here](#).

#### **OSU - Forced Effort Aerobics at Healthy New Albany**

**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**

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

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

Link to Website [here](#).



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### **OSU - Outdoor Nordic Pole Walking**

**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)**

**Location:** Columbus, OH 43235

### **Delay the Disease Exercise Classes (Prairie Township)**

**Location:** Galloway, OH 43119

For more information, contact 614.907.7990.

### **Rock Steady Boxing of Central Ohio**

*Contact in advance for enrollment information.*

**Location:** Columbus, OH 43212

For more information, contact Roni at 614.507.4252.

### **Rock Steady Boxing at Parkside**

*Followed by Tremble Clefs Singing Group.*

**Location:** Westerville, OH 43082

For more information, contact Katherine Benalcazar at 614.794.9300, ext 303.

### **Delay the Disease - Senior Star at Dublin Retirement Village (Independent Living Building)**

**Location:** Dublin, OH 43016

For more information, contact Andrea Klabbatz at 614.764.2800

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

**Location:** Dublin, OH 43016

For more information, contact Jessie Ritter at 614.389.1475.

### **Tremble Clefs Singing Group**

*Park in the lot, go in the front doors and veer to the right into the large activity room.*

**Location:** Westerville, OH 43082

For more information, contact Pam Richardson, MT-BC, Neurologic Music Therapist at 614.421.8267 or [pamilynrichardson@gmail.com](mailto:pamilynrichardson@gmail.com).

### **Upper Arlington Delay the Disease**

**Location:** Columbus, OH 43220

For more information, contact 614.451.5677.

### **Westminster Delay the Disease**



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**Location:** Columbus, OH 43215

For more information, contact Krista Sylvester at 614.228.8888, Ext. 453.

### **PDNextSteps**

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

**Location:** Dublin, OH 43017

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

### **OhioHealth Delay the Disease at Capital University**

**Location:** Columbus, OH 43209

For more information, contact Julie Polta Dallas at [jdallas@capital.edu](mailto:jdallas@capital.edu) or 614-236-6915.

### **Delay the Disease at KSM Sports and Fitness**

**Location:** Powell, OH 43065

For more information, contact Ryan Kunk at 614-659-7391 or

[ryan@ksmsportsandfitness.com](mailto:ryan@ksmsportsandfitness.com).

## Hamilton County

### **Alpha Neuro Fitness**

*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.

### **Big for Life**

*Big for Life is a group exercise program for clients who have graduated from 1-on-1 Occupational or Physical therapy following the LSVT-Big protocol. It's an excellent opportunity to exercise and Move Big in an engaging group setting.*

**Location:** Blue Ash, OH 45140 - Meeting in person.

Fee: Yes

For more information, contact Lindsey Butkus at 513-399-6486 or [lindsey@movefullest.com](mailto:lindsey@movefullest.com)

Link to website [here](#).

### **\*Drumming Up Health in the Parkinson's Community, Cincinnati Music & Wellness Coalition**

**Location:** Cincinnati, OH

For more information, contact Arlene de Silva at [arlene@musicandwellness.net](mailto:arlene@musicandwellness.net)

Link to website [here](#).

### **\*Voices for Parkinson's, Voices for Parkinson's Inc 501(3)©**

**Location:** Loveland, OH

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



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Link to website [here](#).

### Knox County

#### **Delay the Disease Exercise Class**

**Location:** Fredericktown, OH 43019

For more information, contact Robert Sorey at (740) 403-3669.

### Lake County

#### **Better Every Day**

**Location:** Mentor, OH 44060

**Fee:** Yes, \$34 for a two-month session.

For more information, contact Phyllis Hinkel at [PJHinkel@aol.com](mailto:PJHinkel@aol.com) or (440) 679-1594.

### Licking County

#### **Delay the Disease YMCA Pataskala (hosted by Pataskala Oaks)**

**Location:** Pataskala, OH 43062

For more information, contact 740.927.9888, ext. 228.

### Lorain County

#### **Delay the Disease Kingston of Vermilion**

**Location:** Vermilion, OH 44089

**Fee:** Yes, \$80 per 8 Week Session

For more information, contact Andrea D'Amore at 440.244.7502, EXT. 5032.

Link to Website [here](#).

#### **Rock Steady Boxing, Delay the Disease and Yoga**

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

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

For more information, contact Maria Pujolas at 440.328.3446 or

[Maria.Pujolas@UHhospitals.org](mailto:Maria.Pujolas@UHhospitals.org).

### Marion County

#### **Delay the Disease Marion Family YMCA**

**Location:** Marion, OH 43302

**Fee:** Yes, classes are \$10 per 7-week sessions for Marion YMCA members or \$50 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.





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### Medina County

#### **Brunswick Recreation Center**

**Location:** Brunswick, OH 44212

For more information, contact Darlene Jarvis at 330.416.3680 or [djarvis@medinaco.org](mailto:djarvis@medinaco.org).

### Montgomery County

#### **\*Countryside Delay the Disease Fitness Class, Miami Valley Hospital**

**Location:** Dayton, OH

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

Link to website [here](#).

#### **\*Kettering Health - Parkinson's Fit Club, Kettering Medical Center**

**Location:** Kettering, OH

For more information contact Belinda Isaac at [Belinda.Isaac@ketteringhealth.org](mailto:Belinda.Isaac@ketteringhealth.org).

Link to website [here](#).

#### **Parkinson's Circuit Class**

**Location:** Dayton, OH 45420

For more information, contact Karin Nevius at 937.293.4348.

#### **Power Up for Parkinson's**

**Location:** Centerville, OH 45458

For more information, contact Dawn Arrowood at 937.439.7145 or

[DArrowood@chilivingcomm.org](mailto:DArrowood@chilivingcomm.org)

#### **Rock Steady Boxing of Vandalia**

**Location:** Vandalia, OH 45377

**Fee:** Yes, *Silversneakers and Active & Fit memberships honored*

For more information, contact 937-529-9072.

#### **Rock Steady Boxing of Downtown YMCA**

*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.*

Link to Website [here](#).

### Muskingum County

#### **Rock Steady Boxing Exercise Class**

**Location:** Nashport, OH 43830

For more information, contact Rhonda Forrestal, PT at 740.455.5151



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### **Aquatics Parkinson Exercise Class**

**Location:** Zanesville, OH 43701

For more information, contact Rhonda Forrestal, PT at 740.455.5151

### **Pickaway County**

#### **Delay the Disease**

**Location:** Circleville, OH 43113

For more information, contact Pat Hughey at 740-420-8404.

### **Pike County**

#### **Delay the Disease**

**Location:** Waverly, OH 45690

For more information, contact Judy Bright at 740.947.5555.

### **Putnam County**

#### **St. Rita's Parkinson's Exercise Programs**

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

For more information, contact Heather Shininger, PT at 419-523-3590 or  
HDSshininger@mercy.com

**Fee:** May require YMCA membership

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.

### **Sandusky County**

#### **Rock Steady Boxing – Fremont**

*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



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[sanduskycounty@rsbaffiliate.com](mailto:sanduskycounty@rsbaffiliate.com)

Link to Website [here](#).

### Scioto County

#### **Delay the Disease Exercise Class Sciotoville**

*Cliff and Carol Baser, Instructors*

**Location:** Portsmouth, OH 45662

#### **Delay the Disease Exercise Class**

**Location:** Portsmouth, OH 45662

### Stark County

#### **North Canton Delay the Disease**

##### **Multiple locations:**

- North Canton Community Building YMCA – North Canton, OH 44720
- Aultman North Canton Medical Group – North Canton, OH 44720

For more information, contact Rudi Hiney, Director of Personal Training and Specialized Exercise at 330 499 2587 ext 143 or [rhiney@ymcastark.org](mailto:rhiney@ymcastark.org).

### Summit County

#### **Delay the Disease at Brookdale Montrose**

**Location:** Akron, OH 44333

For more information, contact (330) 666-4545.

#### **Delay the Disease at Purpose Driven Therapy**

**Location:** Stow, OH 44224

For more information, contact (330)805-4786 or [purposedriventherapy@gmail.com](mailto:purposedriventherapy@gmail.com)

#### **FOX Rehabilitation**

**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](#).

### Warren County

#### **Mason Group**

**Location:** Mason, OH 45040



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### Wayne County

#### **Delay the Disease at West View Healthy Living Center**

**Location:** Wooster, OH 44691

For more information, contact Phyllis Jadosh at 330.264.8640 or [phyllis.jadosh@wvhl.healthcare.com](mailto:phyllis.jadosh@wvhl.healthcare.com)