



Ohio Wellness Programs by County

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>Allen</u>	<u>Marion</u>
<u>Athens</u>	<u>Montgomery</u>
<u>Auglaize</u>	<u>Muskingum</u>
<u>Beachwood</u>	<u>Pickaway</u>
<u>Champaign</u>	<u>Pike</u>
<u>Clark</u>	<u>Putnam</u>
<u>Cuyahoga</u>	<u>Ross</u>
<u>Fairfield</u>	<u>Sandusky</u>
<u>Franklin</u>	<u>Scioto</u>
<u>Hamilton</u>	<u>Stark</u>
<u>Knox</u>	<u>Summit</u>
<u>Lake</u>	<u>Warren</u>
<u>Licking</u>	<u>Wayne</u>
<u>Lorain</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 greatlakes@parkinson.org.

August 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.

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.

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.

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

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

Link to website [here](#).



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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.

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

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

Link to website [here](#).

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.*

Locations:

- Cleveland, OH 44128 - contact InMotion at 216.342.4417
- Warrensville Heights, OH - contact Cathe Schwartz at cschwartz@beinmotion.org.

Mental Health Benefits of Mindful Movement for People with Parkinson’s Disease,



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InMotion

Locations: Warrensville Heights, OH 44128

For more information, contact Cathe Schwartz at cschwartz@beinmotion.org.

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.

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.

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

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

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

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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

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.

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 or (614) 366-2758.

Link to Website [here](#).

OSU - Shout! Voice Classes

Register: go.osu.edu/SHOUT

Location: Check OSU website for location details

Link to Website [here](#).

OSU - Outdoor Nordic Pole Walking

Location: Check OSU website for location details

For more information, contact Jessica Pfister at 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.



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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.

Upper Arlington Delay the Disease

Location: Columbus, OH 43220

For more information, contact 614.451.5677.

Westminster Delay the Disease

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 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 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.



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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

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

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.

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 or (440) 679-1594.

Licking County



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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.

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.

Montgomery County

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

Location: Dayton, OH

For more information, contact James Christoffel at 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.

Link to website [here](#).

Parkinson's Circuit Class

Location: Dayton, OH 45420

For more information, contact Karin Nevius at 937.293.4348.



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Power Up for Parkinson's

Location: Centerville, OH 45458

For more information, contact Dawn Arrowood at 937.439.7145 or

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

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

HDSHininger@mercy.com



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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

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.

Summit County



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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

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

Link to website [here](#).

Warren County

Mason Group

Location: Mason, OH 45040

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