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



Ohio Wellness Programs

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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

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.

Auglaize County

Grand Lake Rehab Parkinson's Exercise Program, Minster YMCA (updated December 2023)

15 week exercise program that meets weekly for Physical and Speech therapy. This program is LSVT Big and Loud Certified and is appropriate for all levels of Parkinson's patients.

Location: Minster, OH 45865 – Meeting in-person

Fee: No

For more information, contact Caitlin Lochard at (419) 394-9514 or clochard@jtdmh.org.

Link to Website [here](#).

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.



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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

Link to website [here](#).

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

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.

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

Link to website [here](#).



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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.

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, InMotion (updated April 2023)

Locations: Warrensville Heights, OH 44128

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

Link to Website [here](#).

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.

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.

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.



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***Wellness and Exercise for people with Parkinson's disease, InMotion** (updated August 2023)

Better Every Day(BED)[™]/Strength is an InMotion-developed program for people with Parkinson's disease. BED[™]/Strength focuses on gait, balance, amplitude, and coordination. This class follows the Parkinson's Exercise Guidelines developed by the Parkinson's Foundation for required strength training. It is offered on three non-consecutive days for an hour per session to our higher mobility clients and once weekly for an hour to our mid-level mobility clients. In addition to a warm-up, the class focuses on 10 -15 major muscle groups, resistance, speed, and power. It also focuses on the major muscle groups of upper and lower extremities using weight machines, resistance bands, light and moderate handheld weights and body weight. A class for our mid-level mobility clients adds Drums Alive[™], which provides a fun and lively cardio, coordination, and rhythm component.

Location: Beachwood, OH

Fee: None

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

Link to Website [here](#).

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

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

Link to Website [here](#).



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***OhioHealth PD Wellness: Mindfulness Program, OhioHealth Neuro Wellness and Prevention** (updated August 2023)

The OhioHealth Neuroscience Wellness and Prevention Program and the OhioHealth Mindfulness Program are partnering in the development and delivery of a mindfulness course for individuals with Parkinson's Disease and their care partners. The Mindfulness for PD course will be an 8-week series of 1-hour classes that will include teachings and practices from the Mindfulness-Based Stress Reduction program, and will be facilitated by mental health clinicians with expertise in mindfulness-based interventions.

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

Fee: None

For more information, contact Alyssa Adkins at alyssa.adkins@ohiohealth.com.

Link to Website [here](#).

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 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.

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.



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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.

Harmonica link [here](#).

Book link [here](#).

OSU - Moving with Purpose (updated April 2023)

Location: Check OSU website for location details

For more information, contact 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 or 614-366-2758.

Link to Website [here](#).

OSU - Shout! Voice Classes (updated April 2023)

Register: 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

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 or 614-366-2758.

Link to Website [here](#).



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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

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 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

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.

Link to website [here](#).



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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](#).

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

Up Ending Parkinson's – Climbing Program *(updated September 2023)*

Our community is supportive and a safe space for participants to challenge their problem-solving, physical strength, and to develop friendships. Climbing engages and strengthens the full body, all in a safe and fun manner.

Location: Elyria, OH 44035 – *Meeting in-person*

Fee: No

For more information, contact Tom Miller at (440) 328-8330 or

support@climbontherocks.com.

Link to website [here](#).

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

Link to website [here](#).



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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 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.

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

Link to website [here](#).



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Montgomery County

***Countryside Delay the Disease Fitness Class, Miami Valley Hospital** (updated August 2023)

Premier Health is happy to sponsor an expansion of a successful Delay the Disease Program to a new location: Lebanon, OH. This program will consist of a 2x/week model with classes running for 12 weeks at a time and will be certified as a Delay the Disease location. This is a Parkinson's Disease specific course meaning that it will target the specific deficits that are unique to Parkinson's Disease, including: small movements, shuffling gait, slouched posture, arm and leg weakness, freezing of gait, among others (Chen et al. 2013). These classes will be moderate to high intensity, pushing individuals to perform at their uppermost limits (Koop et al. 2019). Modifications will be made for safety and for individuals skill levels, so all participants are welcome.

Location: Dayton, OH – Meeting in-person

Fee: \$10 per class, scholarships available

For more information, contact James Christoffel at jrchristof@premierhealth.com.

Link to Website [here](#).

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

Link to website [here](#).



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***Parkinson's Fit Club, Kettering Medical Center** (updated August 2023)

Kettering Health's NeuroRehab and Balance Center offers a multi-tiered exercise class of varying intensities, specifically designed for community members with Parkinson's disease. Our objective is to offer these classes in a safe, effective and challenging manner to meet the needs of our community. Our focus is to assist attendees in overcoming daily obstacles and common ailments often seen in Parkinson's disease by incorporating a fun, fitness routine into their lives.

Location: Kettering, OH

Fee: None

For more information, contact Tyler McLean at Tyler.McLean@Ketteringhealth.org.

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

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

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](#).



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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

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

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 *(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

Link to Website [here](#).



Ohio Wellness Programs

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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:m Svetlich@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

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

Link to website [here](#).

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

Link to website [here](#).