Oklahoma Wellness Programs

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](#).

*Stillwater CANe Project (Communication, Arts, Nutrition, and Exercise) for People with Parkinson Disease and Their Families, Oklahoma State University

(updated August 2023)
Our multidisciplinary program (Stillwater CANe Project) fills in a big void of different types of programs that people with PD and their families may benefit from. The recreational therapy program is unique and is the only of its kind in Payne County and the State of Oklahoma that offers a combination of exercises and movement interventions which target the key deficient areas (balance, fall prevention, combined cognition and motor activity improvement and maintenance) for individuals living with PD. The speech and cognition-based LOUD Crowd® is the only group-based platform available in and around Payne County (which includes Stillwater). The nutrition and diet education program for PD participants and their families is also a unique program and is providing valuable information about nutrition-related aspects. Similarly, the PD Arts group is a unique concept within Stillwater where participants with PD and their families can come together and work on different mediums and art projects. Finally, the PD Social group offers a platform for peer support and interaction among people with PD and their communication partners.
Location: Stillwater, OK – Meeting in-person
Fee: None
For more information, contact Sabiha Parveen at sabiha.parveen@okstate.edu.
Link to Website [here](#).

Parkinson Foundation of Oklahoma
Speech, Exercise Therapy, Support groups, and many more.
Locations: Oklahoma City, Tulsa, and Lawton
For more information, contact Matthew Morton at (918) 574-8499.
Link to Website [here](#).

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 southcentral@parkinson.org.

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