



Pacific Northwest 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](#).*

[Alaska](#)

[Idaho](#)

[Montana](#)

[Oregon](#)

[Washington](#)

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 pacificNW@parkinson.org.

August 2023



Pacific Northwest 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.

ALASKA

Rock Steady Boxing Anchorage, BFit & Well

Location: Anchorage, AK

For more information, contact Bonnie Murphy at anchorage@rsbaffiliate.com

Link to website [here](#).

Rock Steady Boxing Juneau

Location: Juneau, AK 99801 - Meeting in-person and online

Fee: Yes

For more information, contact Joe Parrish at 907-789-5556 or joe@gopavitt.com

Link to website [here](#).

IDAHO

Delay the Disease at Wood River YMCA BU (updated July 2023)

DTD is a fitness program designed to empower people with Parkinson's Disease by targeting their symptoms and optimizing their physical function.

Location: Ketchum, ID 83340

Fee: Yes

For more information, contact Mary Williams at 208-928-6703 or

mwilliams@woodriveryymca.org.

Link to website [here](#).

Fit and Fall Proof

a free exercise-based fall prevention program for older adults in Idaho, designed to focus on functional movements that reduce the risk of falls.

Location: Various

For more information, contact Daniel Adams at 208-296-0847 or

Daniel.Adams@phd3.idaho.gov

Link to website [here](#).

Parkinson's Exercise Class at Zenergy Health (updated July 2023)

A specialized movement class designed to allow people with PD to experience the joys and benefits of exercise while addressing symptom specific concerns, related to balance, cognition, motor skill, depression and physical confidence.

Location: Sun Valley, ID 83353 – Meeting in-person

Fee: No

For more information, contact Jennifer Hubbard at 208-720-6521 or hubbardfrog@yahoo.com.

Link to website [here](#).



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***Treasure Valley Family YMCA - Healthy Living Center, Treasure Valley Family YMCA**

(updated August 2023)

This year-long workshop series will be provided at no-cost during to the program participant and their caregiver. Participants can discover their own creative resources for improving quality of life, health and wellbeing. Artist in Residence (AIR) is an Art in Medicine program offering art as therapy for people living with Parkinson's disease in the Treasure Valley. Workshops include a variety of different mediums including painting, drawing, sculpting, printmaking, etc., combining the art (aesthetic) and craft (technical) components of different media. Participants do not need any previous artistic skill or experience and all supplies are provided.

Location: Boise, ID, in person and virtual

Fee: None

For more information, contact Carrie Magnuson at grants@ymcatvidaho.org.

Link to Website [here](#).

MONTANA

Glacier Rock Steady Boxing

Glacier Rock Steady Boxing is a boxing-inspired exercise program to help people fight back against Parkinson's disease.

Location: Kalispell, MT 59901- Meeting in-person

Fee: Yes

For more information contact Lynnell Gravelle at 406-752-7250 or lynnell@arspt.com.

Link to website [here](#).

Parkinson's and Caregivers Yoga

This class provides the opportunity to build nervous system resilience, balance, relaxation, and nourishment for the body, mind, and nervous system.

Location: Missoula, MT 59808 - Meeting online

For more information, contact Jolyn Ortega at 406-531-7110 or

Jolyn@YogaForYouMissoula.com.

Link to website [here](#).

Yoga for Parkinson's

Yoga is one of the most beneficial complementary therapies for neurological conditions such as Parkinson's Disease. In this class we work on coordination, balance, flexibility, strength, motion, and cognitive issues.

Location: Missoula, MT 59808 - Meeting online

Fee: Yes

For more information, contact Jolyn Ortega at 406-531-7110 or

Jolyn@YogaForYouMissoula.com.

Link to website [here](#).



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Summit for Parkinson's 2022 Autumn Conference, Summit for Parkinson's

Location: Missoula, MT

For more information, contact Hadley Ferguson at sharistrachan@gmail.com

Link to website [here](#).

OREGON

Educating PCP Teams in Underserved Communities with Project ECHO Model II, Oregon Health & Science University

Location: Portland, OR

For more information, contact Lisa Mann at mannli@ohsu.edu

Link to website [here](#).

Parkinson's Central

We provide evidence-based exercises for people with Parkinson's such as PWR /Delay The Disease/Parkinson's Cycle.

Location: Ashland, OR 97520 – Meeting in-person and online

For more information, contact James Dykstra at 541-482-1820 or Jdykstra541@charter.net

Fee: Yes

Link to Website [here](#).

Parkinson's Resources of Oregon

Various exercise classes, support groups, education, and singing groups.

Location: Corvallis, OR 97331

For more information, call 1-800-426-6806.

Link to website [here](#).

Pilates 4 Parkinson's

Exercise and movement classes based on the Pilates Method for people with Parkinson's disease (PD). Exercise programming targets upright posture, spinal mobility, and preserving ambulation and gait. Exercise is open to all fitness levels and stages of PD.

Location: Eugene, OR 97401 – Meeting online

Fee: Yes

For more information, contact Cecilia Pulido at 787-363-0100 or

pilates4parkinsons@yahoo.com.

Link to website [here](#).



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WASHINGTON

Northwest Parkinson's Foundation

Location: Mercer Island, WA 98040 – Meeting online

List of Support Groups [here](#).

List of Programs [here](#).

For more information, contact:

- Seattle Area - (206) 748-9481
- Spokane Area - (509) 443-3361
- Toll-Free - 1-877-980-7500 or info@nwpf.org

Parkinson's Fitness Project

Location: Seattle, WA, 98122 – Meeting in-person and online

Fee: Yes

Link to Website [here](#).

Parkinson's Wellness Place

We are a non-profit dedicated to providing health and wellness services for people living with Parkinson's Disease, their families, and care partners in Snohomish and surrounding counties.

Location: Snohomish, WA 98290. Meets in-person

Fee: Yes

For more information contact Lacey Ramon or LaRae McCurry at 360-568-0588 or info@parkinsonswellnessplace.org.

Link to website [here](#).

Swedish Medical Center Living Well with Parkinson's Program, Swedish Medical Center Foundation

Location: Seattle, WA 98109. Meeting online

For more information, contact Michelle Scheff at michelle.scheff@swedish.org.

Link to website [here](#).

Thrive Community Fitness

Exercise Specifically Designed for Individuals with Parkinson's Disease - PD MoveIt! and PD PowerUp! classes available. To provide a safe, positive and fun place for people with Parkinson's disease to exercise and delay the onset of neurological-muscular symptoms and improve overall quality of life.

Location: Lacey, WA 98516 – Meeting in-person

For more information, contact Christie Agtarap at 360-789-0440 or pdthrive@gmail.com

Fee: Yes

Link to Website [here](#).