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## Pacific Northwest Wellness Programs

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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](#).*

[Alaska](#)

[Idaho](#)

[Montana](#)

[Oregon](#)

[Washington](#)



## 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](mailto:anchorage@rsbaffiliate.com)

Link to website [here](#).

### IDAHO

#### **Treasure Valley Family YMCA - Healthy Living Center - Delay the Disease program, Treasure Valley Family YMCA**

*A community-based PD group exercise program that consists of core stability, eccentric strength training, dual-task training, large-amplitude walking, rotational movements, integrated cognitive challenges, fine motor drills, and balance training.*

**Location:** Boise, Meridian, and Caldwell, ID | *Meeting in-person and online*

For more information, contact Mary Biddle-Newberry at 208-344-5501 or

[mary.biddle@ymcatvidaho.org](mailto:mary.biddle@ymcatvidaho.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](mailto:Daniel.Adams@phd3.idaho.gov)

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](mailto: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](mailto:Jolyn@YogaForYouMissoula.com).

Link to website [here](#).



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### **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](mailto:Jolyn@YogaForYouMissoula.com).

Link to website [here](#).

### **\*Summit for Parkinson's 2022 Autumn Conference, Summit for Parkinson's**

**Location:** Missoula, MT

For more information, contact Hadley Ferguson at [sharistrachan@gmail.com](mailto: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](mailto: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](mailto: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

*This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636).*

August 2022



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[pilates4parkinsons@yahoo.com](mailto:pilates4parkinsons@yahoo.com).

Link to website [here](#).

## WASHINGTON

### **Northwest Parkinson's Foundation** ↔ [AIRPO member](#)

**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](mailto: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- *Meeting in-person*

**Fee:** Yes

For more information contact Lacey Ramon or LaRae McCurry at 360-568-0588 or

[info@parkinsonswellnessplace.org](mailto: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](mailto: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](mailto:pdthrive@gmail.com)

**Fee:** Yes

Link to Website [here](#).