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## Rocky Mountain 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](#).*

**[Colorado](#)**

**[Utah](#)**

**[Wyoming](#)**

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 [rockymountain@parkinson.org](mailto:rockymountain@parkinson.org).

August 2023



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## Colorado

### **\*Balance Up: Generations Connecting and Moving into Balance Together, Step and Connect, LLC** (updated August 2023)

*Balance Up: Generations Connecting and Moving into Balance is an intergenerational balance program. It connects individuals with Parkinson's disease with children and physical therapy or PE college students to improve mental, physical, and cognitive health across the ages, as well as decrease ageism. Balance provides mobility, movement confidence and represents an important health- and activity-related component of everyday life, relevant across the human lifespan. Education on falls prevention and benefits of physical activity is provided in a "Fun" format. Each of the components are addressed to decrease the risk for falls but intertwined with fun activities, visuals, & analogies to animals.*

**Location:** Denver, CO

**Fee:** None

For more information, contact Erica DeMarch at [erica@stepandconnect.com](mailto:erica@stepandconnect.com).

Link to Website [here](#).

### **BIG for LIFE**

*LIVE BIG with BIG for LIFE group exercise class! Have you previously completed the LSVT program? Come continue to be encouraged to move BIG while meeting new friends and exercising in a group setting with creative new themes. Have fun while exercising!*

**Location:** Wheat Ridge, CO 80033 - Meeting in-person

**Fee:** No

For more information, contact Jayme Brindle at 303-898-8192 or [jbannon12@hotmail.com](mailto:jbannon12@hotmail.com).

### **Creativity Labs for People with Parkinson's, The Unsteady Hand - an artist collective**

*The Unsteady hand promotes improved quality of life for those living with Parkinson's through communal creative engagement.*

**Location:** Colorado Springs, CO

For more information, contact Mo Onstad at [mo@theunsteadyhand.org](mailto:mo@theunsteadyhand.org).

Link to Website [here](#).

### **Minority Outreach Program, Parkinson Association of the Rockies**

*Various programs and support groups also available.*

**Location:** Denver, CO 80222

For more information, contact Jodi Brown at 303-830-1839 or [info@parkinsonrockies.org](mailto:info@parkinsonrockies.org).

Link to website [here](#).

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

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**\*Parkinson Association Exercise Classes and Metrics, Parkinson Association of the Rockies**

*(updated August 2023)*

*Living Well Starts Here Parkinson Association of the Rockies offers free, donation-based exercise classes throughout Colorado. Become your own advocate to lead a healthier lifestyle. Exercise and nutrition are important for everyone; but especially those living with Parkinson's as exercise has been proven to slow the progression of the disease.*

**Location:** Denver, CO

**Fee:** None

For more information, contact Jodi Brown at [jbrown@parkinsonrockies.org](mailto:jbrown@parkinsonrockies.org).

Link to Website [here](#).

**Parkinson's Cycle, Fitness, and Ping Pong**

*Our classes are specifically designed to target the motor and non-motor symptoms of Parkinson's disease but can be beneficial for anyone who wants to improve balance, flexibility, posture, or functional mobility.*

**Location:** Thornton, CO 80233 – Meeting in-person

**Fee:** Yes

For more information, contact Marisa Kouba at 720-977-5859 or [marisa.kouba@thorntonco.gov](mailto:marisa.kouba@thorntonco.gov).

Link to website [here](#).

**\*Parkinson's Exercise Program (PEP) at the YMCA of the Pikes Peak Region, Young Men's Christian Association of the Pikes Peak Region** *(updated August 2023)*

*The Y is partnering with Parkinson's Wellness Recovery (PWR!) to create a comprehensive, neuroplasticity-principled program that integrates the latest exercise and wellness research called the Parkinson's Exercise Program (PEP). PEP provides a supportive exercise environment to optimize brain recovery and repair. We utilize exercise as medicine to increase your quality of life so that you can get better and stay better. PEP is just one of the evidence-based Health Intervention (EBHI) programs created by the YMCA of the Pikes Peak Region, in response to changing health care trends. These programs are designed to deliver community-based health and wellness services in innovative new ways rooted in a common commitment to preventing and combating chronic disease. Anyone who visits the Y can take advantage of different programs that help our community become healthier and have a higher quality of life.*

**Location:** Colorado Springs, CO

**Fee:** \$5.34 per class, Community Grant covers cost

For more information, contact Chris Sanders at [devoffice@ppymca.org](mailto:devoffice@ppymca.org).

Link to Website [here](#).

**Parkinson's Pointe Pilot Program, Parkinson's Community Center**

**Location:** Aurora, CO 80014 - Meeting in-person and online

For more information, contact Meredith Lo at [meredith@parkinsonspointe.org](mailto:meredith@parkinsonspointe.org).

Link to website [here](#).

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### **Parkinson's Support Group in Larimer County**

*Voice, Exercise, and Movement Classes for People with Parkinson's*

**Location:** Fort Collins, CO 80526

For more information, contact Michelle Underhill at 970-420-0346 or [hello@pdsupportlc.net](mailto:hello@pdsupportlc.net)

Link to website [here](#).

### **PD Self Starter Pack: Jump start hope through exercise and self-efficacy, Max Capacity, PLLC**

**Location:** Colorado Spring, CO

For more information contact Emily Moncheski at [emily@maxcapacitypt.com](mailto:emily@maxcapacitypt.com).

Link to website [here](#).

### **Pedaling for Parkinson's**

*Indoor stationary bicycle class designed specifically for people with Parkinson's Disease*

**Location:** Lafayette, CO 80026

For more information, call 303-664-5455.

Link to Website [here](#).

### **Rock Steady Boxing, Lower Valley Hospital Association DBA Family Health**

**Location:** Fruita, CO

For more information contact Polly Kennedy at [pkennedy@fhw.org](mailto:pkennedy@fhw.org).

Link to website [here](#).

## **Utah**

### **Southwest Parkinson's Alliance**

*Monthly support group meetings and Rock Steady Boxing classes.*

**Location:** Cedar City, UT 84720 - Meeting in person

For more information, contact Kristy Spencer at 435-559-9681 or [Kristyjensen.spencer@gmail.com](mailto:Kristyjensen.spencer@gmail.com).

**Fee:** Free for support group. Fee for boxing.

### **Southwest Parkinson's Fitness RSB, LSVT, YOGA**

**Location:** Cedar City, UT 84720. Meeting in person

For more information, contact Dan Dail at 435-463-7285 or [dan@swpdfit.com](mailto:dan@swpdfit.com).

**Fee:** Yes

Link to website [here](#).

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*August 2023*



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**McKay-Dee Parkinson's Wellness Program** (updated December 2022)

*The program focuses on exercises to improve functional movement and slow the progression of PD.*

**Location:** Ogden, UT 84403 - Meeting in-person

**Fee:** Yes

For more information, contact Camille Koga at 801-387-2080 or [Camille.koga@imail.org](mailto:Camille.koga@imail.org).

Link to website [here](#).

**Park City LiVe Well Center**

*An indoor cycling class designed for those with Parkinson's disease.*

**Location:** Park City, UT 84060 - Meeting in-person

**Fee:** Yes

For more information, contact Nick Francis at 435-333-3535 or [nick.francis@imail.org](mailto:nick.francis@imail.org).

**Sweat Shop**

*This group uses parts of the Rock Steady boxing layout. Members participate in activities like pickleball, basketball, cycling, neurology brain games, balance work, and activities for fine motor skills. This group also has guest speakers come talk once a month.*

**Location:** Park City, UT 84060 - Meeting in-person

**Fee:** Yes

For more information, contact Dan Dail at 435-463-7285 or [dan@swpdfit.com](mailto:dan@swpdfit.com).

**Dance Uninhibited, Ririe-Woodbury Dance Foundation**

**Location:** Salt Lake City, UT

For more information, contact Drew Jaussaud at [development@ririwoodbury.com](mailto:development@ririwoodbury.com)

Link to website [here](#).

**Grey Matters Dance for Parkinson's Utah**

*Sociability, empowerment and self-esteem through dance, music, and creative physical and mental activities.*

**Location:** Salt Lake City, UT 84121 - Meeting online

For more information, contact Juan Carlos Claudio at 801-520-0989 or

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

Link to website [here](#).

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### **Rock Steady Boxing Wasatch Front**

**Locations:** *Meeting in-person*

- Orem, UT 84057
- Bountiful UT, 84010
- Sandy UT, 84094
- Riverton UT, 84098
- Lehi UT, 84084

**Fee:** Yes

For more information, contact Sherri Bickley at 913-488-6823 or [wasatchfront@rsbaffiliate.com](mailto:wasatchfront@rsbaffiliate.com).

Link to Website [here](#).

## **Wyoming**

### **Parkinson's Support Group and Exercise Group**

*Exercise and support groups available.*

**Location:** Casper, WY 82609

For more information, contact [jerri.baxter@rockymountaintherapy.org](mailto:jerri.baxter@rockymountaintherapy.org) or (307) 577-5204.

### **Wind River Parkinson's Support and Exercise Group**

*Exercise and support groups available.*

**Location:** Lander, WY 82520

For more information, call (307) 332-2746.

### **LSVT BIG 4 LIFE** *(updated December 2022)*

*LSVT BIG 4 LIFE is a group exercise class for people with Parkinson's and other movement disorders who have graduated from the LSVT BIG therapy program.*

**Location:** Sheridan, WY 82801 - Meeting in-person

**Fee:** Yes

For more information contact Cheston Feaster at 307-672-2092 ext.1 or [chet@sheridanPT.com](mailto:chet@sheridanPT.com).

Link to website [here](#).