



South Carolina Wellness Groups by City

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](#).*

<p><u>Beaufort</u></p>	<p><u>Greenwood</u></p>
<p><u>Beech Island</u></p>	<p><u>Inlet</u></p>
<p><u>Bluffton</u></p>	<p><u>Laurens</u></p>
<p><u>Charleston</u></p>	<p><u>Myrtle Beach</u></p>
<p><u>Columbia</u></p>	<p><u>North Charleston</u></p>
<p><u>Daniel Island</u></p>	<p><u>Seneca</u></p>
<p><u>Florence</u></p>	<p><u>Summerville</u></p>
<p><u>Greenville</u></p>	<p><u>West Union</u></p>

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 carolinas@parkinson.org.

October 2022



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.

BEAUFORT

Boxing for People with Parkinson's

Location: Beaufort, Port Royal, Habersham, SC – *Meeting online*

For more information, contact Rick Ostrander at 843-525-1229 or PDAWARESC@gmail.com.

Beaufort Memorial Delay the Disease

Location: Beaufort, SC – *Meeting in-person*

For more information, contact David Purser at 843-522-5635 or lifefitwellness@bmhsc.org.

Link to website [here](#).

BEECH ISLAND

***Day One Fitness Parkinson's Exercise Program, Fight To Win, Inc. dba Day One Fitness**

(updated August 2023)

Day One Fitness, 501c3 nonprofit since 2015, offers the Greater Augusta Area in Georgia and South Carolina a Parkinson's Exercise Program that uses the most up-to-date methods of physical training to increase motion and flexibility and decrease progression of the disease. Our programs include non-contact Boxing, Yoga, Dance, Manual Dexterity w/ Speech and Voice, Functional Fitness for Upper Body, Functional Fitness for Lower Body, and Nordic Pole Walking. Many of our participants come for the social aspect, the encouragement they receive from our coaches and one another, and the hope they feel when they walk through the doors.

Location: Beech Island, SC – Meeting in-person

Fee: \$120 per month, scholarships available

For more information, contact Tambra Wilkerson at tambra@dayonefitness.org.

Link to Website [here](#).

BLUFFTON

Rock Steady Boxing – Hilton Head

Location: Bluffton, SC 29910 – *Meeting in-person*

Fee: Yes

For more information, contact 843-422-6641 or riptidemma@rsbaffiliate.com.

Link to website [here](#).

CHARLESTON

Lunch and Learn

Patient education monthly conferences.

Location: Charleston, SC 29425

For more information, contact cool@musc.edu

Link to website [here](#).



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Parkinson's Enhance Wellness Program

Program includes a wellness assessment and coach, who meets with you one-on-one to develop a personalized action plan and goals along with a free membership to Lowcountry Senior Center (James Island) or Waring Senior Center (West Ashley).

Location: Charleston, SC 29414 – Meeting in-person

For more information, contact Elizabeth Bernat at 843-402-1648 or elizabeth.bernat@rsfh.com

PD NET: Caregiver Assistance Program for the Underserved, Medical University of South Carolina

Virtual Caregiver Class for the Underserved, Medical University of South Carolina.

Location: Charleston, SC 29425 – Meeting online

For more information, contact cool@musc.edu

Link to website [here](#).

Rock Steady Boxing Charleston

Location: Charleston, SC 29407 – Meeting in-person

Fee: Yes, initial assessment

For more information, contact Dani Monroe at 843-709-2233 or email charleston@rsbaffiliate.com.

Link to website [here](#).

Rock Steady Boxing – MUSC

Location: Charleston, SC 29425 – Meeting in-person

Fee: Yes

For more information, contact 843-670-1642 or musc@rsbaffiliate.com.

Link to website [here](#).

The Roper St. Francis Senior Center Parkinson's Wellness Project, Roper St. Francis Foundation on behalf of Roper St. Francis Healthcare

Location: Charleston, SC 29414

For more information, contact anne.sass@rsfh.com.

Link to Website [here](#).

COLUMBIA

Education and Exercise Support for Individuals Newly Diagnosed and their Care Partners, South Carolina Research Foundation

PDREV+! Is supported by the Parkinson's Foundation Community grant and is presented by the University of South Carolina and Prisma Health, which includes a short series of educational talks (pre-recorded) from an expert health care team and financial support for individuals newly diagnosed with PD (≤ 5.5 years) and their care partners for exercise at the YMCA

Location: Columbia, SC 29208

For more information, contact Alicia Flach at adflach@mailbox.sc.edu.

Link to website [here](#).



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Rock Steady Boxing – Soda City

Location: Columbia, SC 29201 – *Meeting in-person*

Fee: Yes

For more information, contact 803-771-7007 or sodacity@rsbaffiliate.com.

Link to website [here](#).

DANIEL ISLAND

Rock Steady Boxing – Daniel Island Crossfit Discovery

Location: Daniel Island, SC 29492 – *Meeting in-person*

Fee: Yes

For more information, contact 843-813-6343 or danielisland@rsbaffiliate.com.

Link to website [here](#).

FLORENCE

Thrive Parkinson's Online Exercise

An online exercise community offering educational support handouts, 1 on 1 virtual calls, and more.

Location: Florence, SC - *Meeting online*

Fee: Yes

For more information, contact Leslie Wise at (854) 900-3513 or leslie@thriveparkinsons.com.

Link to Website [here](#).

GREENVILLE

Dedicated Therapy

Classes designed and supervised by Parkinson's Specialist Physical Therapist. 2 levels of class- a dynamic, high level of challenge. And a lower level of challenge with an emphasis on coordination, balance and thinking skills.

Location: Greenville, SC 29609

Fee: Yes

For more information, contact Shannon Cobb at 864-203-3883 or info@dedicatedtherapysc.com.

Link to Website [here](#).

Reaching the Newly Diagnosed, especially Minorities, Through Outreach and Exercise, Greenville Area Parkinson Society

Non-medical and non-research organization, focusing on individuals with PD and the people in their lives.

Location: Greenville, SC 29607

For more information, contact Kamber Parker at kamber@gapsonline.org.

Link to Website [here](#).



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Rock Steady Boxing

Location: Greenville, SC 29651 – *Meeting in-person*

Fee: Yes

For more information, contact 864-631-5568 or greenville@rsbaffiliate.com.

Link to website [here](#).

GREENWOOD

Rock Steady Boxing

Location: Greenwood, SC 29649 – *Meeting in-person*

Fee: Yes

For more information, contact 864-223-9622 or greenwoodymca@rsbaffiliate.com.

Link to website [here](#).

INLET

Rock Steady Boxing - 843

Location: Inlet, SC 29576 – *Meeting in-person*

Fee: Yes

For more information, contact 843-651-1111 or 843@rsbaffiliate.com.

Link to website [here](#).

LAURENS

Rock Steady Boxing – Laurens Family YMCA

Location: Laurens, SC 29360 – *Meeting in-person*

Fee: Yes

For more information, contact 864-681-2455 or laurens@rsbaffiliate.com.

Link to website [here](#).

MYRTLE BEACH

Parkinson's Boxing

Designed to relieve the symptoms of Parkinson's disease, especially those associated with balance and body movement. After all, a fighter needs the best balance possible. We enable patients to restore the motion they thought was gone forever. It requires work, but it is worth it

Location: Myrtle Beach, SC – *Meeting in-person*

Fee: Yes

For more information, contact Tanner Atkinson at (843) 333-2814 or parkinsonsboxingsc@gmail.com.

Link to website [here](#).



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NORTH CHARLESTON

Rock Steady Boxing – Revolution Therapy & Fitness

Location: North Charleston, SC 29420 – *Meeting in-person*

Fee: Yes

For more information, contact 843-964-4996 or revolution@rsbaffiliate.com.

SENECA

Rock Steady Boxing – Foothills Area YMCA

Location: Seneca, SC 29672 – *Meeting in-person*

Fee: Yes

For more information, contact 864-962-4049 or foothills@rsbaffiliate.com.

Link to website [here](#).

SUMMERVILLE

Cane Bay Family YMCA PWR!, YMCA of Greater Charleston/ Cannon Street YMCA

Location: Summerville, SC 29486

For more information, contact Sedric Webber at fitness@ymcagc.org.

Link to Website [here](#).

WEST UNION

Rock Steady Boxing – Total Fitness of Walhalla

Location: West Union, SC 29696 – *Meeting in-person*

Fee: Yes

For more information, contact 864-650-3661 or totalfitness@rsbaffiliate.com.

Link to website [here](#)