



Tennessee 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](#).*

Parts of this list was created in collaboration with Vanderbilt University Medical Center, a Parkinson's Foundation Center of Excellence. For more information, contact Kelly Arney, MSSW, the Outreach Coordinator for the Parkinson Foundation Center of Excellence at Vanderbilt at (615)936-5517 or email kelly.b.arney@vumc.org

<u>Chattanooga</u>	<u>Louisville</u>
<u>Cleveland</u>	<u>Knoxville</u>
<u>Cookeville</u>	<u>Memphis</u>
<u>Franklin</u>	<u>Mt Juliet</u>
<u>Gallatin</u>	<u>Murfreesboro</u>
<u>Johnson City</u>	<u>Nashville</u>
	<u>Williamson</u>

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 TNKY@parkinson.org.



Tennessee 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.

CHATTANOOGA

Pedaling for Parkinson's, YMCA of Metropolitan Chattanooga

Location: Chattanooga, TN 37402

For more information, contact Tripp McCallie at tmccallie@ymcachattanooga.org.

Link to Website [here](#).

CLEVELAND

Pedaling for Parkinson's, Cleveland Family YMCA

Location: Cleveland, TN 37312

For more information, contact Dina Dell at ddell@ymcachattanooga.org or 423-476-5573.

Link to Website [here](#).

Rock Steady Boxing, Cleveland Family YMCA

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Cleveland, TN 37312

Fee: Yes

For more information, contact Dina Dell at ddell@ymcachattanooga.org or 423-476-5573.

Link to Website [here](#).

COOKEVILLE

Rock Steady Boxing

Rock Steady Boxing for Parkinson's. Intense exercise program which involves addressing every symptom of Parkinson's through various exercises and actual boxing, modified for everyone's needs.

Location: Cookeville, TN 38502

Fee: Yes

For more information, contact Maxine V. Frasier at director@cookevilleseniorcenter.org or 931-526-9318.

Link to Website [here](#).



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FRANKLIN

Rock Steady Boxing, Music City & Franklin

Location: Music City & Franklin, TN

Fee: Call to confirm

For more information, contact Colleen Bridges at 615-944-3284 or

nashbridges@comcast.net.

Link to Website [here](#).

GALLATIN

Boxing Style Classes (not certified by Rock Steady Boxing)

Location: Gallatin, TN 37066

Fee: Call to confirm

For more information, contact Nora James at 616-218-5259 or norabox1@aol.com.

JOHNSON CITY

Rock Steady Boxing Knoxville

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Johnson City, TN 37602

For more information, contact:

- Rachel Ellis at triciestn@rsbaffiliate.com or (423) 282-2375

Link to website [here](#).

LOUISVILLE

Let's Dance

We dance for an hour twice a week. Instructions are provided every class. No dance experience is required. Participants do not need to come with a partner. Instructed by Physical Therapy students from the Bellarmine University.

Location: Louisville, TN 40206

Fee: No

For more information, contact Nancy Urbscheit at 502 445 7826 or

nurbscheit@bellarmine.edu.



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KNOXVILLE

The Therapeutic Singing Program

Led by a board-certified music therapist for both individuals with Parkinson's and their care partners.

Location: Knoxville, TN 37934

For more information, contact Laura Clabo, LAPSW at lmclabo@utmck.edu.

Link to Website [here](#).

Rock Steady Boxing Knoxville

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Knoxville, TN

For more information, contact Zach Guza at (865) 387-0415 or

zach@blackdogfitness.com

Link to Website [here](#).

The University of Tennessee Medical Center Annual Parkinson's Symposium, University of Tennessee Medical Center

Location: Knoxville, TN

For more information, contact Charlotte Sorensen at csorensen@utmck.edu

Link to website [here](#).

The Parkinson's Gym

The Parkinson's Gym is an online exercise program specifically for people fighting PD. All the workouts are at-home, and no special equipment is needed.

Location: Knoxville, TN 37919 – Meeting online

Fee: Yes

For more information, contact Zach Guza at 8653870415 or

Zach@TheParkinsonsGym.com

Link to Website [here](#).



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MEMPHIS

***Dance for Parkinson's Class Expansion, Ballet Memphis Corporation** (updated August 2023)

Dance for Parkinson's at Ballet Memphis! Join us twice a week for an hour-long class of guided dance, stretching, and various mobility exercises all set to live music. The classes include props, expert instruction, and much more. In addition, Ballet Memphis is facilitating two additional quarterly offerings for the Parkinson's community. The two additional quarterly sessions will focus on cognitive function through Pilates and voice therapy. All Ballet Memphis Dance for PD instruction will aid in slowing the symptoms of Parkinson's, while decreasing the effects of anxiety and depression. The objective of Ballet Memphis' Dance for Parkinson's program is to provide the space and offer access for all, while focusing on movement and dance to enhance overall quality of life.

Location: Memphis, TN – Meeting in-person

Fee: \$20 month, scholarships available

For more information, contact Anne-Carolyn Bird at acbird@balletmemphis.org.

Link to Website [here](#).

Tingey Method for Painting with Parkinson's (updated September 2023)

The Tingey Painting with Parkinson's Program is an art therapy program that supports people living with Parkinson's. The weekly sessions encourage participants to freely explore art materials presented.

Location: Memphis, TN 38104

Link to website [here](#).

Rock Steady Boxing, Memphis JCC (updated September 2023)

Location: Memphis, TN

For more information, contact Mandy Kelly at Memphisjc@rsbaffiliate.com

Link to website [here](#).

Tai Chi for Health

This is a beginner's tai chi class, meeting twice a week. People with Parkinson's and caregivers welcomed.

Location: Memphis, TN 38104

Fee: Yes, and the Caregiver is free

For more information, contact Marilyn Paavola at (901)-230-9427 or paavjm@comcast.net.

Link to website [here](#).

Rock Steady Boxing, East Memphis Boxing with Parkinson's (updated September 2023)

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

November 2023



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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.

Location: Memphis, TN 38117

For more information, contact Jan Averwater at 901-261-2169 or email

Eastmemphis@RSBAffiliate.com

Link to website [here](#).

Yoga Classes for those living with Parkinson's (updated September 2023)

Location: Memphis, TN 38104

For more information, contact Leah at 901-647-2716.

Fee: Yes.

Link to website [here](#).

Rock Steady Boxing, Southaven, MS (updated September 2023)

Location: Southaven, MS 38672

For more information, contact April Carpenter 662-243-5533 or email

Southaven@rsbaffiliate.com

Rock Steady Boxing Memphis (updated November 2023)

Location: Cordova, TN 38018

Fee: Yes.

For more information, contact Mosi at 901-651-0477 or Cheryl at 901-490-6493.

Link to website [here](#).

MT JULIET

Parkinson's PD Cruisers, Indoor Cycling and Wellness at Zone Conditioning

Indoor cycling classes are FREE for all participants who have been diagnosed with Parkinson's Disease by their Neurologist or PCP. You must be able to sit upright on a "Spinner"-brand of bike (like a 10-speed, not recumbent). Spouses may ride alongside for free, if they sign a waiver, and there is room in the class.

Location: Mt Juliet, TN 37122

For more information, contact Laura Bodin at parkinsonspdcrisers@gmail.com or 615-310-9077.

Link to Website [here](#).

Optimum Hope! PD Recovery & RS Boxing

Parkinson Wellness program using BIG MOVES, LSVT, and ROCK STEADY BOXING. Directed by a Physical Therapist Assistant. Classes for all levels and stage of PD. Private classes and Outpatient Physical Therapy.

Location: Mt Juliet, TN 37087

Fee: Yes



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For more information, contact Beverly Bell at (615) 438-9796 or beverly@thetherapygym.net.
Link to Website [here](#).

MILLINGTON

Rock Steady Boxing- Millington

Location: Millington, TN 37129 - *Meeting in-person*

Fee: Yes

For more information, contact 901-766-7677 or millington@rsbaffiliate.com.

MURFREESBORO

Stevens Family Tae Kwon Do

Location: Murfreesboro, TN 37129 - *Meeting in-person*

Fee: Call to confirm

For more information, contact 615-893-5304 or mt@rsbaffiliate.com.

Link to Website [here](#).

NASHVILLE

Dancing with Parkinson's

A class using movement and dance to improve mobility, balance and mood.

Location: Nashville, TN 37212

For more information, contact Julia Marx, Registered Dance/Movement Therapist and trained in Dance for Parkinson's, at juliamarxrdmt@gmail.com or Kelly Arney at 615-936-5517 or kelly.b.arney@vumc.org

Exercise through Music Therapy and PFP Outreach and Support, Peterson Foundation for Parkinson's

Location: Nashville, TN

For more information, contact Debbie Lowenthal at brent@petersonforparkinsons.org

Link to website [here](#).

Rock Steady Boxing, S.T.E.P.S

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Nashville, TN 37209

Fee: Call to confirm



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For more information, contact PJ Olsen 615-243-0130 or 615empower@rsbaffiliate.com.
Link to Website [here](#).

Rock Steady Boxing, STEPS Fitness

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Nashville, TN 37212

Fee: Call to confirm

For more information, contact Colleen Bridges at 615-944-3284 or musiccity@rsbaffiliate.com

Link to Website [here](#).

Fifty Forward Knowles

Parkinson's specific exercise classes available including, PEP: Parkinson Exercise Program.

Location: Nashville, TN 37203

Fee: Yes

For more information, contact Caryn Crenshaw at 615-342-4648 or APDAinTN@aol.com.

***Peterson Voices- a vocal exercise program designed for People with Parkinson's and their Care Partners, Peterson Foundation for Parkinson's (updated August 2023)**

Peterson Voices- a vocal exercise program designed for People with Parkinson's Disease and their Care Partners The Peterson Foundation for Parkinson's (PFP) offers a music therapy program called Peterson Voices designed specifically for people with PD and their Care Partners. The in-person music therapy classes offer vocal exercise to people living in and around Nashville, Tennessee. With the addition of the Virtual Voices zoom class, people in rural areas and across the country and beyond will be able to participate in vocal exercise activities to improve their vocal health as they develop connections with others dealing with PD.

Location: Nashville, TN 37069 – Meeting in-person and online

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November 2023



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Fee: \$30 quarterly fee

For more information, contact Debbie Lowenthal at brent@petersonforparkinsons.org.

Link to Website [here](#).

Vanderbilt Dayani Center: Medical Fitness

The Dayani Center offers personalized movement programs designed by clinical exercise specialists for independent exercisers, as well as small group classes, including Tai Chi, Gentle Yoga, Pilates, Strength and Balance, as well as aquatic classes appropriate for those impacted by Parkinson's disease taught by AEA Certified Instructor, Barb Batson. Classes include Arthritis Aqua, Ai Chi, New You/Water Walking, and Aqua Options. Aquatic personal training to minimize fall risk is available for those who prefer individual instruction.

Location: Nashville, TN 37232

For more Information, contact 615-322-4751.

Link to Website [here](#).

Vanderbilt Osher Center for Integrative Medicine

The Osher Center offers Health Evaluations, Nutrition Counseling, Gentle Yoga and Tai Chi for Balance.

Location: Nashville, TN 37232

For more Information, contact (615) 343-1554.

Link to Website [here](#).

WILLIAMSON

Active with Parkinson's

For newly diagnosed and/or still working participants

Location: Brentwood, TN 37027

Fee: No

For more information, contact David Green at 615-269-5312 or email

ActiveWithParkinsons@gmail.com.