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## Texas 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](#).*

<p><a href="#">Austin</a></p> <p><a href="#">Burnet</a></p> <p><a href="#">Dallas</a></p> <p><a href="#">Harris County</a></p> <p><a href="#">Lubbock</a></p>	<p><a href="#">New Braunfels</a></p> <p><a href="#">San Antonio</a></p> <p><a href="#">Tarrant County</a></p> <p><a href="#">Temple</a></p> <p><a href="#">Tyler</a></p>
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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 [SouthCentral@parkinson.org](mailto:SouthCentral@parkinson.org).

August 2023



*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.*

## AUSTIN

### **Capital Area Parkinson's Society**

*Education, support groups, CAPS Cares – free social services (medication resources, transportation and food assistance)*

**Location:** Austin, TX

For more information, contact [info@capitalareaparkinsons.org](mailto:info@capitalareaparkinsons.org)

Link to website [here](#).

### **Power for Parkinson's Wellness Programs, Power for Parkinsons**

**Location:** Austin, TX

For more information, contact Nina Mosier at [nina.mosier@powerforparkinsons.org](mailto:nina.mosier@powerforparkinsons.org)

Link to website [here](#).

### **Support for Virtual Wellness Programs, Power for Parkinson's**

**Location:** Austin, TX

For more information contact Nina Mosier at [nina.mosier@powerforparkinsons.org](mailto:nina.mosier@powerforparkinsons.org).

Link to website [here](#).

### **University of St. Augustine Pro Bono**

*USAHS Pro Bono Clinics offering PT, OT and Speech Therapy, both in-person and via Telehealth for eligible individuals.*

**Location:** Dallas, TX

For more information, contact Nicole Capell at 737-202-3258 ext. 3758

[ncapell@usa.edu](mailto:ncapell@usa.edu)

## BURNET

### **BIG and LOUD Crowd**

*Exercise and speech classes led by instructors certified in Parkinson's specific exercise. Social support for people with Parkinson's and care partners.*

**Location:** Burnet, TX

For more information, contact Amy Mandaville at 512-587-8402 or

[amandaville@ascension.org](mailto:amandaville@ascension.org)

**Fee:** Free



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## DALLAS

### **Skypass Foundation Caregiver Exercise & Connect Program in partnership with Tribe Wellness**

**Location:** Meeting online in late summer/early fall

For more information, call 214-999-1950 or email [info@skypassfoundation.org](mailto:info@skypassfoundation.org)

Link to website [here](#).

### **PWR!Moves and HIIT - Balance Therapy LLC**

*Specializing in balance, dizziness, vertigo and Parkinson's disease.*

**Location:** Dallas, TX 75208

For more information, contact Valerie Johnson, PT, DPT at

[Valerie@balancetherapyllc.com](mailto:Valerie@balancetherapyllc.com) or (214) 356-8123.

Link to website [here](#).

### **Dallas Area Parkinsonism Society (DAPS)**

*DAPS serves as a pillar for the Parkinson's community by providing free education; speech and exercise classes; and support groups.*

**Location:** Various locations in Texas for Care Partners: Plano, Garland, Duncanville, Dallas, McKinney - *Meeting in person and online*

For more information, contact 972-620-7600 or [daps@daps.org](mailto:daps@daps.org)

Link to website [here](#).

### **Expanding Move. Laugh. Connect. to Inner City Dallas, Dallas Area Parkinsonism Society**

**Location:** Dallas, TX 75240

For more information, contact Leisha Phipps at [leisha@daps.org](mailto:leisha@daps.org).

Link to Website [here](#).

### **Impact of Community Boxing on Non-Motor Symptoms and Physical Therapy Student Professionalism, UT Southwestern Medical Center**

**Location:** Dallas, TX 75235

For more information, contact Staci Shearin at [staci.shearin@utsouthwestern.edu](mailto:staci.shearin@utsouthwestern.edu).

Link to Website [here](#).



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### **Parkinson's Boxing Program, University of Texas Southwestern Medicine**

**Location:** Dallas, TX 75390

For more information, contact Staci Macklin Shearin at [staci.shearin@utsouthwestern.edu](mailto:staci.shearin@utsouthwestern.edu).

Link to Website [here](#).

### **Parkinson Voice Project**

*Specializing in speech therapy for people with Parkinson's.*

**Location:** Richardson, TX 75080 – *Meeting in-person and online.*

For more information call 469-375-6500 or 833-375-6500 or email [contact@ParkinsonVoiceProject.org](mailto:contact@ParkinsonVoiceProject.org)

**Fee:** No

Link to Website [here](#).

### **The MIND Program (Movement Initiative for the Newly Diagnosed, Parkinson's Mind Body Institute)**

**Location:** Dallas, TX 75208

For more information, contact Valerie Johnson at [valerie@balancetherapyllc.com](mailto:valerie@balancetherapyllc.com).

### **Tribe Wellness**

*Offers a variety of monthly group classes, including tai chi, boxing, balance and core, hiking, and many more!*

**Locations:** - *Meeting in-person and online.*

- Gym – Richardson, TX 75080
- Church – Dallas, TX 75230

**Fee:** Yes

For more information, contact Michael Braitsch, PT, DPT at (214) 702-6559 or [tribewellnessllc@gmail.com](mailto:tribewellnessllc@gmail.com)

Link to Website [here](#).

### **University of St. Augustine Pro Bono**

*USAHS Pro Bono Clinics offering PT, OT and Speech Therapy, both in-person and via Telehealth for eligible individuals.*

**Location:** Dallas, TX

For more information, contact Nicole Capell at 737-202-3258 ext. 3758

[ncapell@usa.edu](mailto:ncapell@usa.edu)



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## GEORGETOWN

### **GAPS – Georgetown Area Parkinson's Support**

*Exercise, dancing, vocal exercise, education, support groups, and caregiver support groups.*

**Location:** Georgetown, TX – *meets in-person and virtually*

For more information, contact Mary Jane Berry, GAPS Facilitator at [georgetowntxparkinson@gmail.com](mailto:georgetowntxparkinson@gmail.com) at 512-240-4167.

Link to website [here](#).

## HARRIS COUNTY

### **Houston Area Parkinson Society**

*Programs, direct services, education, fundraising.*

**Locations:** Visit the website for a map of the programs offered.

For more information, contact [713-626-7114](tel:713-626-7114)

Link to Website [here](#).

## LUBBOCK

### **Southwest Parkinson Society**

*Support groups, special events*

**Location:** Lubbock, TX

For more information, contact (806) 725 - 0941

Link to Website [here](#).

## NEW BRAUNFELS

### **Lone Star Parkinson Society**

**Location:** New Braunfels, TX 78130

For more information, contact Vicki Mercer at (432) 352-4758 or

[LoneStarParkinsonSociety@gmail.com](mailto:LoneStarParkinsonSociety@gmail.com).

Link to Website [here](#).



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**\*Lonestar Wellness Program for those with Parkinson's and their Caregivers,  
Lone Star Parkinson Society, LLC** (updated August 2023)

*The Lone Star Parkinson Society (LSPS) provides an exercise and wellness program to our local community of New Braunfels, Tx. The need for our programs was suggested by the Comal County Parkinson Support Group members in 2015. LSPS implemented our programs in 2018 and they were a success! With our facilities, certified Parkinson's instructors, and the appropriate boxing equipment and exercise equipment, classes soon filled up and our local Neurosurgeons were seeing noticeable changes in their patients and began referring them to our programs.*

**Location:** New Braunfels, TX – Meeting in-person

**Fee:** None

For more information, contact Vicki Mercer at [annvickim@aol.com](mailto:annvickim@aol.com).

Link to Website [here](#).

**Rock Steady Boxing Haus**

Rock Steady Boxing Haus is a non-contact boxing program for the Parkinson's community.

**Location:** New Braunfels, TX 78130 – *Meeting in-person.*

For more information, contact Vicki Mercer at [lonestarparkinsonsociety@gmail.com](mailto:lonestarparkinsonsociety@gmail.com) or 432-352-4758.

**Fee:** Yes

Link to Website [here](#).

## **SAN ANTONIO**

**Movement for the Underserved People with Parkinson's Disease of San Antonio Through Exercises Classes Vital for Equality (MUEVE) University of the Incarnate Word**

**Location:** San Antonio, TX

For more information, contact Jennifer Penn at [jpenn@uiwtx.edu](mailto:jpenn@uiwtx.edu)

Link to website [here](#).

**Punch Out Parkinson's – My Box Beat**

**Location:** San Antonio, TX 78249 – *Meeting in-person.*

For more information, contact Luz Ortiz at [Luz@myboxbeat.com](mailto:Luz@myboxbeat.com) or (210) 414-7222.

**Fee:** No

Link to website [here](#).



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### **More than Boxing: Kicking Parkinson's Butt!**

**Locations:** Schertz and San Antonio, TX - *Meeting in-person and online.*

For more information, contact Steve Payne at [steve@morethanexercise.com](mailto:steve@morethanexercise.com) or (210) 884-2072.

Link to website [here](#).

## **TARRANT COUNTY**

### **A Tempo Voice Center**

*Care for Fort Worth/Dallas & Surrounding areas. Voice therapy, speech therapy and swallowing therapy.*

**Location:** Fort Worth, TX 76116 – *Evaluating in-person and therapy is offered online.*

For more information, contact 817-262-3773 or 817-898-8750 or email

[info@atempovoicecenter.com](mailto:info@atempovoicecenter.com)

**Fee:** Yes, accepts certain insurances.

Link to Website [here](#).

### **Dance for Parkinson's**

**Location:** Fort Worth, TX 76104 – *Meeting in-person and online.*

**Fee:** No

For more information, contact Dorothy Conway 817-250-2445 or

[dorothyconway@texashealth.org](mailto:dorothyconway@texashealth.org)

### **Endeavor Parkinsonology of Fort Worth Texas Christian University, Davis School of Communication Sciences & Disorders**

*Online educational seminars, Punch Out Parkinson's – a non-contact boxing exercise class*

**Location:** Fort Worth, TX 76129 – *Meeting in-person and online.*

For more information, contact Christopher R. Watts at [c.watts@tcu.edu](mailto:c.watts@tcu.edu) or (682) 216-7947.

Link to Website [here](#).

### **Miller Speech & Hearing Clinic**

*Offering clinical services to individuals with speech, language, hearing or swallowing problems and serves the local Fort Worth community.*

**Location:** Fort Worth, TX 76129

Link to Website [here](#).



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

*Offering support, community and enhancing the exercise experience so the behavior becomes routine and a part of everyday life.*

**Location:** YMCA of Metropolitan Fort Worth – Meeting in-person.

For more information, contact Ruth Murillo at 817-566-1025 or [rmurillo@ymcafw.org](mailto:rmurillo@ymcafw.org)

**Fee:** No

Link to Website [here](#).

### **Punching Out Parkinson's**

*Punching out Parkinson's one round at a time.*

**Location:** Fort Worth, TX 76116

For more information

Link to Website [here](#).

### **Rock Steady Boxing Affiliates- DFW**

**Location:** Dallas, TX 75244

For more information, contact Austen & Mallory Spoons at 830-596-3440 or [dallas@rsbaffiliate.com](mailto:dallas@rsbaffiliate.com)

**Fee:** Yes

### **9Round Fitness**

**Location:** Keller, TX 76248

For more information, contact (817) 929-8913.

Link to Website [here](#).

## **TEMPLE**

### **Movin' to Wellness, Central Texas Advocates for Parkinson's**

**Location:** Temple, TX

For more information, contact [ctap.chairman@gmail.com](mailto:ctap.chairman@gmail.com).

Link to Website [here](#).

## **TYLER**

### **Fostering Quality of Life in Individuals with Parkinsons Disease through Telehealth Mental Health and Wellness Support Sessions, The University of Texas at Tyler**

**Location:** Tyler, TX

For more information, contact: Julie Hebert at [jhebert@uttyler.edu](mailto:jhebert@uttyler.edu)

Link to website [here](#).