



Kentucky 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](#).*

Rock Steady Boxing, Live Active Center

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: Bowling Green, KY 42101

For more information, contact Jill Steffey at 270-799-3667 or bowlinggreen@rsbaffiliate.com.

***Bluegrass Parkinson's Alliance Gathering Symposium 2021: The Impact of Mental Health, Lexington Area Parkinson Disease Support Group, Inc**

Location: Lexington, KY

For more information, contact Laura Soldato at laura@parkinsonslexington.com
Link to website [here](#).

Let's Dance

No dance experience is required. Participants do not need to come with a partner. Taught by Physical Therapy students from Bellarmine University.

Location: Louisville, KY 40206

Fee: Free

For more information, contact Nancy Urbscheit at 502-445-7826 or nurbscheit@bellarmine.edu.

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.

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