



---

## Mid-Atlantic 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](#).*

[Delaware](#)

[Maryland](#)

[Virginia](#)

[Washington DC](#)

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

February 2022



### Mid-Atlantic 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.

## DELAWARE

### **Art Program, Parkinson's Education and Support Group of Sussex County**

**Location:** Lewes, DE 19958

**Fee:** No

For more information, contact Patricia Slygh at [pcslygh@comcast.net](mailto:pcslygh@comcast.net).

Link to Website [here](#).

### **\*Improving Access to Mental Health Care for People with Parkinson's Disease and Caregivers in the State of Delaware, University of Delaware**

**Location:** Newark, DE 19716

For more information, contact Carolyn Haines at [chaines@udel.edu](mailto:chaines@udel.edu).

Link to Website [here](#).

### **RISE Fitness + Adventure**

*Host daily Parkinson's Wellness classes at facility, in partnership with the Parkinson's Education and Support Group of Sussex County. Also have trainers who specialize in Parkinson's and movement disorder on staff.*

**Location:** Rehoboth Beach, DE 19971

For more information, contact Amanda Peters at 302-567-2112 or [team@trainatrise.com](mailto:team@trainatrise.com)

Link to website [here](#).

### **Rock Steady Boxing of Delmarva**

*Rock Steady Boxing (RSB) classes are a non-contact fitness regimen geared specifically for individuals with any level of Parkinson's disease. RSB is a proven method that lessens the symptoms of PD. Participants lead a healthier & happier life.*

**Location:** Dover, DE 19901

**Fee:** Yes

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

February 2022



### **Mid-Atlantic 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.*

For more information, contact Nancy Hawkins at 302 698-5201 or [foreverfitfoundation@gmail.com](mailto:foreverfitfoundation@gmail.com)

Link to website [here](#).

## **MARYLAND**

### **ANNE ARUNDEL**

#### **NeuroSing**

*Therapeutic choir for adults with neurological disorders*

**Location:** Severna Park, MD 21146

**Fee:** Yes

For more information, contact 410-697-1812.

Link to Website [here](#).

### **BALTIMORE**

#### **ParkinSonic Community Chorus**

**Location:** Baltimore, MD 21212

**Fee:** Yes

For more information, contact 443-470-0279 or [info@marylandparkinsonsupport.org](mailto:info@marylandparkinsonsupport.org)

#### **Pounding for Parkinson's - a unique program combining Pounding and PWR!**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact [charmcity@rsbaffiliate.com](mailto:charmcity@rsbaffiliate.com).

#### **Rock Steady Boxing**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact 443-963-1451 or [Nicole@myerberg.org](mailto:Nicole@myerberg.org).

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

February 2022



### **Mid-Atlantic 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.*

Link to Website [here](#).

#### **Rock Steady Boxing**

**Location:** Baltimore, MD 21239

**Fee:** No

For more information, contact Anthony Waters at 443-444-4822 or 443-444-5500

#### **Rock Steady Boxing Class**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact Patty Wessels at 443-873-0040 or [charmcity@rsbaffiliate.com](mailto:charmcity@rsbaffiliate.com).

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

**Location:** Baltimore, MD 21218

**Fee:** No

For more information, contact 410-889-9622, ext. 2107 or [juliademarais@ymaryland.org](mailto:juliademarais@ymaryland.org)

Link to Website [here](#).

#### **Parkinson's Exercise Class**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact Myerberg Center at 410-358-6856.

#### **Rock Steady Boxing**

**Location:** Timonium, MD 21093

**Fee:** No

For more information, contact JoAnn Presbitero at 443-938-3243, [Jpresbitero@lorienhealth.com](mailto:Jpresbitero@lorienhealth.com) or [Presbitj@gmail.com](mailto:Presbitj@gmail.com)

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

February 2022



### **Mid-Atlantic 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.*

#### **Parkinson's Continuum of Care Program - Good Samaritan Hospital Foundation**

**Location:** Baltimore, MD 21239

**Fee:** No

For more information, contact Linda Frisch at [linda.m.frisch@medstar.net](mailto:linda.m.frisch@medstar.net).

Link to Website [here](#).

#### **Yoga for Parkinson's**

**Location:** Lutherville-Timonium, MD 21093

**Fee:** Yes

For more information, contact 443-465-5448 or [yoga4pwp@gmail.com](mailto:yoga4pwp@gmail.com).

#### **Parkinson's Exercise Program (PEP)**

**Location:** Lutherville Timonium, MD 21093

For more information, contact 443-470-0279 or [info@marylandparkinsonsupport.org](mailto:info@marylandparkinsonsupport.org).

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

**Location:** Towson, MD 21204

For more information, contact 410-419-2956 [or\\_ellentales@comcast.net](mailto:or_ellentales@comcast.net).

#### **\*Weill Cornell Medicine, Division of Neurodegenerative Diseases' /MDEE Virtual Education and Exercise Program, Movement Disorder Education & Exercise, Inc.,**

**Location:** Baltimore, MD

For more information, contact Larry Zarzecki at [larryzarzecki@yahoo.com](mailto:larryzarzecki@yahoo.com)

Link to website [here](#).

#### **BROOKLANDVILLE**

#### **Sustaining and Extending PD Programs to the Underserved Rural Population of the Eastern Shore of Maryland, Maryland Association for Parkinson Support, Inc.**

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

February 2022



### **Mid-Atlantic 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.*

**Location:** Brooklandville, MD 21022

**Fee:** No

For more information, contact John R. Harrald at [jrharrald@gmail.com](mailto:jrharrald@gmail.com).

Link to Website [here](#).

### **COLUMBIA**

**\*Retreat Center of Maryland's Yoga for People With Parkinson's, Retreat Center of Maryland,**

**Location:** Columbia, MD

For more information, contact Kelly Fisher at [kelly@wildfloweryoga.com](mailto:kelly@wildfloweryoga.com)

Link to website [here](#).

### **EASTERN SHORE**

**Rock Steady Boxing**

**Location:** Easton, MD 21601

**Fee:** No

For more information, contact Amy Schiefer at (410) 822-0566 or [eschiefer@ymcachesapeake.org](mailto:eschiefer@ymcachesapeake.org)

**Rock Steady Boxing**

**Location:** Grasonville, MD 21638

**Fee:** No

For more information, contact Lynn Sutton at 410-827-5527.

### **HOWARD**

**Pedaling for Parkinson's**

**Location:** Ellicott City, MD 21043

**Fee:** No



### **Mid-Atlantic 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.*

For more information, contact John Derwent at 410-465-4334, ext. 228 or [johnderwent@maryland.org](mailto:johnderwent@maryland.org).

#### **FREDERICK**

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

**Location:** Frederick, MD 21701

**Fee:** Yes

For more information call or email: Jaime Fisher, 301-663-5131 x 1244 or [jfisher@frederickymca.org](mailto:jfisher@frederickymca.org).

#### **MONTGOMERY**

##### **Live Loud with LOUD for LIFE**

**Location:** Rockville, MD 20850

**Fee:** Yes

For more information, contact Kaila McCarthy, SLP, 240-864-6085 or [Kmccart1@AdventistHealthCare.com](mailto:Kmccart1@AdventistHealthCare.com).

##### **Parkinson's Wellness Initiative**

*Meeting Virtually.*

**Location:** Rockville, MD 20852

**Fee:** Yes

For more information, contact 301-348-3710.

Link to Website [here](#).

##### **Rock Steady Boxing**

**Location:** Forest Hill, MD 21050

**Fee:** No

For more information, contact 410-893-4153.

Link to Website [here](#).



### **Mid-Atlantic 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.*

#### **PIKESVILLE**

##### **Rock Steady Boxing and Yoga, Movement Disorder Education & Exercise**

**Location:** Pikesville, MD 21157

**Fee:** No

For more information, contact Larry L. Zarzecki II at [larryzarzecki@yahoo.com](mailto:larryzarzecki@yahoo.com).

Link to Website [here](#).

#### **VIRGINIA**

##### **Shaken not Stirred Parkinson's Choir**

**Location:** Winchester, VA 22603

**Fee:** No

For more information, contact Cheryl Reames 540-662-4632  
or [winchesterparkinsons@gmail.com](mailto:winchesterparkinsons@gmail.com).

##### **\*The YOPD Wellness Web, DC Metro Charter Chapter, Can't Shake Me, Inc.**

**Location:** Leesburg, VA 20176

For more information, contact Anna Grill at [agrill@cantshakeme.org](mailto:agrill@cantshakeme.org)

Link to Website [here](#).

#### **WASHINGTON DC**

##### **Iona Senior Services**

**Location:** Washington, DC 20016

For more information, contact [excercise.is.medicine.dc@gmail.com](mailto:excercise.is.medicine.dc@gmail.com).

Link to Website [here](#).