

# 2019 Recipients

## Alabama

Art Moves, First United Methodist Church of Bay Minette, Bay Minette, AL

Contact: Alicia Liles Gourla [gourlay111@gmail.com](mailto:gourlay111@gmail.com), [fumcbayminette.org](http://fumcbayminette.org)

Outside the Pill Box: Integrated Interdisciplinary Allied Care, Huntsville Hospital Foundation, Huntsville, AL

Contact: [diane.brown@hhsys.org](mailto:diane.brown@hhsys.org), [huntsvillehospitalfoundation.org](http://huntsvillehospitalfoundation.org)

## Arizona

Safety and Health in Motion Stay Vertical, Valley Assistance Services, Green Valley, AZ

Contact: [Ericksonc.erickson@valleyassistanceservices.org](mailto:Ericksonc.erickson@valleyassistanceservices.org), [valleyassistanceservices.org](http://valleyassistanceservices.org)

Tremble Clefs Arizona, Sun City, AZ

Contact: Kirk Hall [shakypawsgrampa1248@gmail.com](mailto:shakypawsgrampa1248@gmail.com)

Finding We with PD: Strengthening the Partnership Between Caregiver and Care Receiver, Muhammad Ali Parkinson Center, Phoenix, AZ

Contact: Darolyn O'Donnell [darolyn.o'donnell@dignityhealth.org](mailto:darolyn.o'donnell@dignityhealth.org), [maprc.com](http://maprc.com)

Hispanic Outreach Leadership Conference, Muhammad Ali Parkinson Center, Phoenix, AZ

Contact: [maprc.com](http://maprc.com)

## Arkansas

Community Fitness PWR!Moves Program, University of Arkansas for Medical Sciences, Little Rock, AR Contact: Christopher Oholendt: [ckoholendt@uams.edu](mailto:ckoholendt@uams.edu), [uams.edu](http://uams.edu)

Holly Street Physical Therapy Parkinson's Exercise Program, Holly Street Physical Therapy, Siloam Springs, AR, Contact: Holly L. Smith [hsmith280@gmail.com](mailto:hsmith280@gmail.com), [hollystreetpt.com](http://hollystreetpt.com)

## California

Parkinson's Exercise Program, City of Union City - Union City Community & Recreation Services, Union City, CA

Contact: Dizon Magbanua Jr [rmagbanua@unioncity.org](mailto:rmagbanua@unioncity.org), [unioncity.org](http://unioncity.org)

Engaging Greater Fresno Area Through Exercise, Activity, and Education, Greater Fresno Parkinson Support Group, Clovis, CA

Contact: [pattystratton21@gmail.com](mailto:pattystratton21@gmail.com), [gfpsg.org](http://gfpsg.org)

Invertigo Dance Theatre, Culver City, CA

Contact: Brittany Gash [brittany@invertigodance.org](mailto:brittany@invertigodance.org), [InvertigoDance.org](http://InvertigoDance.org)

Parkinson's Wellness Program at Long Beach Medical Center, Memorial Medical Center Foundation, Long Beach, CA

Contact: [mmcfgrants@memorialcare.org](mailto:mmcfgrants@memorialcare.org), [memorialcare.org/memorial-medical-center-foundation](http://memorialcare.org/memorial-medical-center-foundation)

Taiko for Parkinson's Disease, San Jose Taiko, San Jose, CA

Contact: [info@taiko.org](mailto:info@taiko.org), [taiko.org](http://taiko.org)

Cycling for Parkinson's Disease, Stanford HealthCare Neuroscience Supportive Care Program, Palo Alto, CA

Contact: Graham Wellman [gwellman@stanfordhealthcare.org](mailto:gwellman@stanfordhealthcare.org), [stanfordhealthcare.org/for-patients-visitors/classes-events.html](http://stanfordhealthcare.org/for-patients-visitors/classes-events.html)

Jewish Family and Children's Services, Seniors At Home Jewish Family and Children's Services, San Francisco, CA

Contact: [DanielleS@jfcs.org](mailto:DanielleS@jfcs.org), [jfcs.org](http://jfcs.org)

Lineage Dance Company: Dance For Joy, Lineage Performing Arts Center, Pasadena, CA

Contact: Brian Elerding [brian@lineagepac.org](mailto:brian@lineagepac.org), [lineagepac.org](http://lineagepac.org)

Neuroboxing, Westlake Village, CA

Contact: Josh Ripley [josh@neuroboxing.org](mailto:josh@neuroboxing.org), [neuroboxing.org](http://neuroboxing.org)

POP Fit Power Over Parkinson's, Salinas, CA

Contact: [ann@actioncouncil.org](mailto:ann@actioncouncil.org), [poweroverparkinsons.org](http://poweroverparkinsons.org)

Re+active's E2P2 Program, Re+active physical therapy & wellness, Los Angeles, CA

Contact: Julie Hershberg [julie@re-activept.com](mailto:julie@re-activept.com), [reactivept.com](http://reactivept.com)

Tremble Clefs San Diego, San Diego, CA

Contact: Karen Hesley [khesley@hotmail.com](mailto:khesley@hotmail.com), [trembleclefs.com](http://trembleclefs.com)

Parkinson's Caregiver Trainings in Compassion and Exercise, Adaptive Physical Education, Redwood City, CA

Contact: [info@adaptivepevmisc.org](mailto:info@adaptivepevmisc.org), [adaptivepevmisc.org](http://adaptivepevmisc.org)

Parkinson's and Movement Disorders Program, Orange Coast Memorial Medical Center, Fountain Valley, CA

Contact: Theresa Stern [tmazziottastern@memorialcare.org](mailto:tmazziottastern@memorialcare.org), [memorialcare.org/orangecoast](http://memorialcare.org/orangecoast)

¡Juntos Unidos! A peer led Hispanic Outreach Program, UCSD Parkinson and Movement Disorders Center, La Jolla, CA

Contact: Adriana Gonzalez [acg008@ucsd.edu](mailto:acg008@ucsd.edu)

Mindfulness-Based Cognitive Therapy for People with Parkinson's Disease, University of California San Francisco, San Francisco, CA

Contact: Andreea Seritan [andreea.seritan@ucsf.edu](mailto:andreea.seritan@ucsf.edu), [ucsf.edu](http://ucsf.edu)

## Colorado

Creativity Labs for People with Parkinson's, The Unsteady Hand - an artist collective, Colorado Springs, CO

Contact: Mo Onstad [mo@theunsteadyhand.org](mailto:mo@theunsteadyhand.org), [theunsteadyhand.org](http://theunsteadyhand.org)

Rural Community Outreach, Parkinson Association of the Rockies, Denver, CO

Contact: Jodi Brown [jbrown@parkinsonrockies.org](mailto:jbrown@parkinsonrockies.org), [parkinsonrockies.org](http://parkinsonrockies.org)

## Washington, DC

Moving Day DC, Iona Senior Services, Washington, DC

Contact: [exercise.is.medicine.dc@gmail.com](mailto:exercise.is.medicine.dc@gmail.com), [iona.org](http://iona.org)

## Delaware

Art Program for People with Parkinson's Disease, Parkinson's Education and Support Group of Sussex County, Lewes, DE

Contact: Patricia Slygh [pcslygh@comcast.net](mailto:pcslygh@comcast.net), [sussexdeparkinsons.com](http://sussexdeparkinsons.com)

## Florida

Hope Parkinson Program, Hope Hospice and Community Services, Fort Myers, FL

Contact: Amy Objartel, [amy.objartel@hopehcs.org](mailto:amy.objartel@hopehcs.org), [hopeparkinson.org](http://hopeparkinson.org)

Tremble Clefs of Palms of Largo – Serving Pinellas County, The Palms of Largo, Largo, FL

Contact: Leah Einboden [leah.einboden@thepalmsoflargo.com](mailto:leah.einboden@thepalmsoflargo.com), [thepalmsoflargo.com](http://thepalmsoflargo.com)

Boxing and Cycling for Parkinson's, YMCA of South Palm Beach County, Boca Raton, FL

Contact: [ymcagrants@ymcaspbc.org](mailto:ymcagrants@ymcaspbc.org), [ymcaspbc.org](http://ymcaspbc.org)

Philip Shayman Parkinson's Program, Tampa Jewish Community Centers and Federation, Tampa, FL

Contact: Pnina Levermore [pnina.levermore@jewishtampa.com](mailto:pnina.levermore@jewishtampa.com), [jewishtampa.com](http://jewishtampa.com)

Wellness and Exercise Programs for People with Parkinson's Disease, David Posnack Jewish Community Center, Davie, FL

Contact: Robert L. Schwartz [rbachrach@dpjcc.org](mailto:rbachrach@dpjcc.org), [dpjcc.org](http://dpjcc.org)

Yoga Therapy for Newly Diagnosed PD, AUM Home Shala, Miami, FL

Contact: Melinda Atkins [info@aumhomeshala.org](mailto:info@aumhomeshala.org), [aumhomeshala.org](http://aumhomeshala.org)

Yoga for Parkinson's, Casa Vinyasa, Miami, FL

Contact: Cassie Kitcoff, [info@casavinyasamiami.com](mailto:info@casavinyasamiami.com), [www.casavinyasamiami.com](http://www.casavinyasamiami.com)

Pedaling for Parkinson's Tampa Metropolitan Area YMCA, Tampa, FL  
Contact: [michelle.willis@tampaymca.org](mailto:michelle.willis@tampaymca.org), [tampaymca.org](http://tampaymca.org)

Parkinson's Wellness Program, Memorial Foundation, Hollywood, FL  
Contact: [nvidaurre@mhs.net](mailto:nvidaurre@mhs.net), [mhsfoundation.org](http://mhsfoundation.org)

PD360, Broward Health, Ft. Lauderdale, FL  
Contact: [pasanchez@browardhealth.org](mailto:pasanchez@browardhealth.org), [browardhealth.org](http://browardhealth.org)

Parkinson's Education, Support and Therapeutic Programs in Sebring, Highlands County, FL  
Contact: Robyn Faucy-Washington [robyn@neurochallenge.org](mailto:robyn@neurochallenge.org), [neurochallenge.org](http://neurochallenge.org)

Boxing "Fight Back" Scholarship Fund, RSB JAX INC, Ponte Vedra Beach, FL  
Contact: [jacksonville@rsbaffiliate.com](mailto:jacksonville@rsbaffiliate.com), [rsbjax.org](http://rsbjax.org)

Rock Steady Boxing, Michael-Ann Russell JCC, North Miami Beach, FL  
Contact: [RSB@marjcc.org](mailto:RSB@marjcc.org), [marjcc.org](http://marjcc.org)

## Georgia

Singing with Parkinson's, The George Center Foundation, Roswell, GA  
Contact: [jamie@thegeorgecenter.com](mailto:jamie@thegeorgecenter.com), [TheGeorgeCenter.com](http://TheGeorgeCenter.com)

Living Well with Parkinson's, Marcus Jewish Community Center of Atlanta, Dunwoody, GA  
Contact: [erika.barnes@atlantajcc.org](mailto:erika.barnes@atlantajcc.org), [atlantajcc.org](http://atlantajcc.org)

PD Gladiators Exercise Program, YMCA of Metro Atlanta, Atlanta, GA  
Contact: [amandam@ymcaatlanta.org](mailto:amandam@ymcaatlanta.org), [ymcaatlanta.org](http://ymcaatlanta.org)

DREAM On: Accessible health and research education for diverse people with Parkinson's living in rural, resource limited, and hard-to-reach communities, Emory University, Atlanta, GA  
Contact: Dr. Madeleine E. Hackney [mehackn@emory.edu](mailto:mehackn@emory.edu), [aging.emory.edu](http://aging.emory.edu)

Community Conversations with Emory Parkinson's Disease Researchers, Emory University's Udall Parkinson's Disease Research Center, Atlanta, GA  
Contact: [cholbro@emory.edu](mailto:cholbro@emory.edu), [udall.emory.edu](http://udall.emory.edu)

## Illinois

The Parkinson's Co-Op, Rock Steady Boxing Windy City, Chicago, IL  
Contact: Eric Johnson [eric@movement-revolution.com](mailto:eric@movement-revolution.com), [rocksteadyboxingwindycity.com](http://rocksteadyboxingwindycity.com)

Group Exercise Programs for Parkinson's Disease, Rush Copley Foundation, Aurora, IL  
Contact: Maryll Moon [maryll.moon@rushcopley.com](mailto:maryll.moon@rushcopley.com), [rushcopley.com](http://rushcopley.com)

InspirFit - Parkinson's Exercise Breaking the Barriers, InspirFit, Willowbrook, IL  
Contact: Nancy Timko [nancy@inspirfitness.com](mailto:nancy@inspirfitness.com), [inspirfitness.com](http://inspirfitness.com)

Rock Steady Boxing for Parkinson's, Illinois Valley YMCA, Peru, IL  
Contact: David P. Potthoff [d.potthoff@comcast.net](mailto:d.potthoff@comcast.net), [ivymca.com](http://ivymca.com)

Establishing the Chicago Movement Coalition for Parkinson's disease and clinical trial education in under-represented communities, Northwestern University Feinberg School of Medicine, Chicago, IL  
Contact: Danielle N Larson [danielle.larson@northwestern.edu](mailto:danielle.larson@northwestern.edu), [neurology.northwestern.edu](http://neurology.northwestern.edu)

Fostering Sustainable Neighborhood Partnerships for Parkinson's Disease Education and Support among Chicago's Underserved Minority Communities, Rush University Medical Center, Section of Movement Disorders, Chicago, IL  
Contact: Mitra Afshari [mitra\\_afshari@rush.edu](mailto:mitra_afshari@rush.edu), Rush University Medical Center

## Indiana

Rock Steady Boxing Program, Fool Moon Martial Arts, Jeffersonville, IN  
Contact: [fmmaa@sbcglobal.net](mailto:fmmaa@sbcglobal.net), [fullmoonmartialarts.com](http://fullmoonmartialarts.com)

Exercise, Camaraderie and Support for People with Parkinson's, YMCA of Southwestern Indiana, Evansville, IN  
Contact: Sally Kroeger [kroeger@ymcaswin.org](mailto:kroeger@ymcaswin.org), [ymcaswin.org](http://ymcaswin.org)

## Iowa

YMCA of the Okobojis Delay the Disease Training and Education, Camp Foster YMCA, Spirit Lake, IA  
Contact: Cindy Rosa [cindy.rosa@okobojiyymca.com](mailto:cindy.rosa@okobojiyymca.com)

## Kansas

Movement for Parkinson's, Jewish Community Center of Greater Kansas City, Kansas City, KS  
Contact: Maggie Nicholls [maggieo@thejkc.org](mailto:maggieo@thejkc.org), [thejkc.org](http://thejkc.org)

Parkinson's Support Group, Prairie View, Newton, KS  
Contact: Eric Schrag [schragej@pvi.org](mailto:schragej@pvi.org)

Driving Parkinson's, University of Kansas Medical Center, Kansas City, KS  
Contact: Amber Conn [aconn2@kumc.edu](mailto:aconn2@kumc.edu), [kuhealthpartners.org/driving/](http://kuhealthpartners.org/driving/)

## Kentucky

Improving Quality of life in Caregivers of Patients with Parkinson's disease and related

disorders, University of Louisville, Louisville, KY

Contact: [kathrin.lafaver@louisville.edu](mailto:kathrin.lafaver@louisville.edu)

## Louisiana

Metairie Dance for Parkinson's Program, New Orleans Ballet Association, New Orleans, LA

Contact: [jhamilton@nobadance.com](mailto:jhamilton@nobadance.com), [nobadance.com](http://nobadance.com)

Strengthening infrastructure for PD dance classes of Moving Colors Productions, Baton Rouge, LA

Contact: Susan Perlis [susan.perlis@gmail.com](mailto:susan.perlis@gmail.com), [ofmovingcolors.org](http://ofmovingcolors.org)

## Maine

Pedaling for Parkinson's Program, Penobscot Bay YMCA, Rockport, ME

Contact: Melissa Bellew [mbellew@penbayymca.org](mailto:mbellew@penbayymca.org), [penbayymca.org](http://penbayymca.org)

## Maryland

Pedaling for Parkinson's, Y in Waverly (Weinburg), Baltimore, MD

Contact: Julia Demarais [juliademarais@ymaryland.org](mailto:juliademarais@ymaryland.org), [ymaryland.org/locations/weinberg](http://ymaryland.org/locations/weinberg)

Sustaining and Extending PD Programs to the Underserved Rural Population of the Eastern Shore of Maryland, Maryland Association for Parkinson Support, Brooklandville, MD

Contact: John R. Harrald, [jrharrald@gmail.com](mailto:jrharrald@gmail.com), [marylandparkinsonsupport.org](http://marylandparkinsonsupport.org)

Carroll County Expansion of Parkinson's disease education and exercise programs through Rock Steady Boxing and Yoga focusing on motor and non-motor functions including mobile classrooms, Movement Disorder Education & Exercise, Pikesville, MD

Contact: Larry L. Zarzecki II [larryzarzecki@yahoo.com](mailto:larryzarzecki@yahoo.com), [MDEEmaryland.com](http://MDEEmaryland.com)

Parkinson's Continuum of Care Program, Good Samaritan Hospital Foundation, Baltimore, MD

Contact: [linda.m.frisch@medstar.net](mailto:linda.m.frisch@medstar.net), [medstargoodsam.org](http://medstargoodsam.org)

## Massachusetts

SCORE Power training for Parkinson's Fitness: Ability-based exercise, arts and movement programs (Parkinson's Fitness), Salem, MA

Contact: [parkinsonsfitness@gmail.com](mailto:parkinsonsfitness@gmail.com), [parkinsonsfitness.org](http://parkinsonsfitness.org)

An innovative Tai Chi teaching methodology, "Tai Chi Paradigm", for Individuals with Parkinson's, Calvin Chin's Martial Arts Academy, Newton Highlands, MA

Contact: Karen Weisinger [kweisinger2@gmail.com](mailto:kweisinger2@gmail.com), [calvinchin.com](http://calvinchin.com)

Nutrition Program for Individuals & Families Affected by Parkinson's Disease, Community Servings, Jamaica Plain, MA

Contact: [tscipione@servings.org](mailto:tscipione@servings.org), [servings.org](http://servings.org)

The ART of Living with Parkinson's Disease: A Boston Based Program Replicated to the National Level, Beth Israel Deaconess Medical Center, Boston, MA  
Contact: Lissa Kapust [lkapust@bidmc.harvard.edu](mailto:lkapust@bidmc.harvard.edu), Wellness Works Program

## Michigan

Equitable Exercise for People with Parkinson's Disease (E2 PWP), Ascension Genesys Foundation, Grand Blanc, MI  
Contact: [susan.tippett@ascension.org](mailto:susan.tippett@ascension.org), [ascension.org/Michigan](http://ascension.org/Michigan)

## Minnesota

Increasing Awareness, Education and Support for the LGBT Community Living with Parkinson's disease, Struthers Parkinson's Center, Golden Valley, MN  
Contact: Catherine Wielinski [wielic@parknicollet.com](mailto:wielic@parknicollet.com), Park Nicollet

Knockout Parkinson's - Fitness Boxing Program for Individuals Battling Parkinson's Disease, TITLE Boxing Club, Lakeville, MN  
Contact: Tate Wheeler [tate.wheeler@titleboxingclub.com](mailto:tate.wheeler@titleboxingclub.com), [titleboxingclub.com](http://titleboxingclub.com)

## Mississippi

Parkinson's Fitness Class, MS Gulf Coast YMCA, Ocean Springs, MS  
Contact: Jodi Ryder [jryder@mgcymca.org](mailto:jryder@mgcymca.org), [mgcymca.org](http://mgcymca.org)

## Montana

Rock Steady Boxing - Missoula, MT, SBG: Straight Blast Gym International, Missoula, MT  
Contact: Jaclyn Carson [jaclyn.carson@umontana.edu](mailto:jaclyn.carson@umontana.edu), [sbgmontana.com](http://sbgmontana.com)

## Nebraska

Delay the Disease Training, Parkinson's Nebraska, Omaha, NE  
Contact: Amber White [amber@parkinsonsnebraska.org](mailto:amber@parkinsonsnebraska.org)

## New Jersey

Mastering Parkinson's, CentraState Healthcare Foundation, Freehold, NJ  
Contact: [spurpuro@centrastate.com](mailto:spurpuro@centrastate.com), [centrastate.com](http://centrastate.com)

Johnson Rehabilitation Institute JRI Parkinson's Choir, John F. Kennedy Medical Center Foundation, Edison, NJ  
Contact: [deborah.smith@hackensackmeridian.org](mailto:deborah.smith@hackensackmeridian.org), [jfkmc.org/jfk-foundation](http://jfkmc.org/jfk-foundation)

Punch out PD, Parkinson Life Center of Southern New Jersey, Linwood, NJ  
Contact: [parkinsonlifecenter@gmail.com](mailto:parkinsonlifecenter@gmail.com), [parkinsonlifecenterofsouthernnj.org](http://parkinsonlifecenterofsouthernnj.org)

Strengthening Our Community: The Parkinson's Movement Disorder Education Program  
Saint Barnabas Medical Center, West Orange, NJ  
Contact: Shari Fleurinor [shari.fleurinor@rwjbh.org](mailto:shari.fleurinor@rwjbh.org), [rwjbh.org/saint-barnabas-medical-center](http://rwjbh.org/saint-barnabas-medical-center)

Spreading Laughter to Live Better with Parkinson's, Jewish Home Family, Rockleigh, NJ  
Contact: Sunni Herman [sherman@jewishhomefamily.org](mailto:sherman@jewishhomefamily.org), [jewishhomefamily.org](http://jewishhomefamily.org)

## New Mexico

The Alivio Caregiver Support Program, Share Your Care Adult Day Services, Albuquerque, NM  
Contact: Victoria Finnegan [vickif@shareyourcare.org](mailto:vickif@shareyourcare.org), [shareyourcare.org](http://shareyourcare.org)

## New York

Aging Backwards Through Activities and Fitness Programs: A multidimensional program for people with Parkinson Disease, Rock Steady Boxing Syracuse, Syracuse, NY  
Contact: Patrick VanBeveren [pjvanb@aol.com](mailto:pjvanb@aol.com), [syracuse.rsbaaffiliate.com](http://syracuse.rsbaaffiliate.com)

Dance for PD, Mark Morris Dance Group, Brooklyn, NY  
Contact: Ann Marie Rubin [annmarie.rubin@mmdg.org](mailto:annmarie.rubin@mmdg.org), [mmdg.org](http://mmdg.org)

Pedaling for Parkinson's YMCA of Greater Rochester, Rochester, NY  
Contact: Laura Anne Fasano [lauraf@rochesterymca.org](mailto:lauraf@rochesterymca.org), [rochesterymca.org](http://rochesterymca.org)

Inspiring Hope Improving Ability, Rochester Accessible Adventures, Rochester, NY  
Contact: Anita O'Brien [aobrien@rochesteraccessibleadventures.org](mailto:aobrien@rochesteraccessibleadventures.org), [rochesteraccessibleadventures.org](http://rochesteraccessibleadventures.org)

Parkinson's Disease Hospital Optimization Program, University of Rochester Medical Center, Rochester, NY  
Contact: Irene H. Richard [irene\\_richard@urmc.rochester.edu](mailto:irene_richard@urmc.rochester.edu)

Promoting physical activity engagement for people with early stage Parkinson's disease (Engage-PD), Columbia University - Teachers College, New York, NY  
Contact: Lori Quinn [lq2165@tc.columbia.edu](mailto:lq2165@tc.columbia.edu), [tc.columbia.edu](http://tc.columbia.edu)

Strong and Steady/LSVT BIG, Canandaigua Family YMCA, Canandaigua, NY  
Contact: Mike Schuber [mschuber@canandaigua-ymca.org](mailto:mschuber@canandaigua-ymca.org), [canandaigua-ymca.org](http://canandaigua-ymca.org)

## Nevada

Recalibrate Motorvation Foundation, Las Vegas, NV  
Contact: [julie@re-activept.com](mailto:julie@re-activept.com), [reactivept.com](http://reactivept.com)

## North Carolina

YMCA of Western North Carolina - Parkinson's Intervention, YMCA of Western North



Carolina, Asheville, NC

Contact: [rwilson@ymcawnc.org](mailto:rwilson@ymcawnc.org), [ymcawnc.org](http://ymcawnc.org)

Developing Parkinson's Care Excellence Through Team Member Education, Novant Health Forsyth Medical Center Foundation, Winston-Salem, NC

Contact: [rlbrantley@novanthealth.org](mailto:rlbrantley@novanthealth.org), Novant Health Foundation

Do supervised home exercise programs improve compliance, physical functioning and emotional well-being in persons with Parkinson's disease after physical therapy care? (study), Elon University Department of Physical Therapy Education, Elon, NC

Contact: Crystal Renee Ramsey [cramsey6@elon.edu](mailto:cramsey6@elon.edu), Elon University

Parkinson's Movement Initiative, American Dance Festival, Durham, NC

Contact: [caitlyn@americandancefestival.org](mailto:caitlyn@americandancefestival.org), [americandancefestival.org](http://americandancefestival.org)

Poised for Parkinson's: A new approach for people with PD to manage motor & non-motor symptoms of Parkinson's, The Poise Project, Candler, NC

Contact: Monika Gross [monika.gross@thepoiseproject.org](mailto:monika.gross@thepoiseproject.org), [thepoiseproject.org](http://thepoiseproject.org)

## North Dakota

Parkinson's Exercise Class, Southwest Parkinson's Support Group, Dickinson, ND

Contact: Rebecca Lutz [rlutzy1@gmail.com](mailto:rlutzy1@gmail.com)

Offsite - Rock Steady Boxing Fargo, TNT Kid's Fitness & Gymnastics, Fargo, ND

Contact: Ryan Williams [ryan@tntkidsfitness.org](mailto:ryan@tntkidsfitness.org), [tntkidsfitness.org](http://tntkidsfitness.org)

HeartSprings Art and Choir Studio's, HeartSprings, Fargo, ND

Contact: [heartspringsed@gmail.com](mailto:heartspringsed@gmail.com), [heartspringscenter.org](http://heartspringscenter.org)

## Ohio

Improved outcomes for people with Parkinson's disease through a multi-modal approach, InMotion Warrensville Heights, OH

Contact: Cathe Schwartz [cschwartz@beinmotion.org](mailto:cschwartz@beinmotion.org), [beinmotion.org](http://beinmotion.org)

Ohio State's Comprehensive Community Programming for Individuals with Parkinson's Disease, The Ohio State University Wexner Medical Center, Columbus, OH

Contact: Susan Fetherolf [susan.fetherolf@osumc.edu](mailto:susan.fetherolf@osumc.edu), Parkinson's Disease Fitness Classes

Drum Dance Rehabilitation: A Novel Parkinson's Disease Therapy Program, SLAM (Speech, Language, and Music) Lab at The Ohio State University, Columbus, OH

Contact: [slamlabosu@gmail.com](mailto:slamlabosu@gmail.com), [osu-slam.github.io](http://osu-slam.github.io)

Care Partner Retreat: An Educational Symposium for Care Partners of Individuals with PD, Cleveland Clinic, Cleveland, OH

Contact: Ellen Marie Walter [waltere2@ccf.org](mailto:waltere2@ccf.org), [my.clevelandclinic.org](http://my.clevelandclinic.org)

Rock Steady Boxing Cleveland, Lakewood, OH

Contact: Maria Pujolas, RN, [maria@rocksteadyboxingcle.com](mailto:maria@rocksteadyboxingcle.com), [cleveland.rsbaaffiliate.com](http://cleveland.rsbaaffiliate.com)

## Oklahoma

Stillwater CANE Project (Communication, Arts, Nutrition, Exercise) for People with Parkinson Disease, Oklahoma State University, Stillwater, OK

Contact: Dr. Sabiha Parveen [sabiha.parveen@okstate.edu](mailto:sabiha.parveen@okstate.edu), [go.okstate.edu](http://go.okstate.edu)

## Oregon

Distance Education for PCP Teams in Oregon's Underserved Rural Communities via Project ECHO Mode, OHSU, Portland, OR

Contact: Lisa Mann [mannli@ohsu.edu](mailto:mannli@ohsu.edu), OHSU Parkinson's Disease and Movement Disorders

## Pennsylvania

Community Outreach Grant for Drexel Movement Disorder Program, Drexel Neurology, Philadelphia, PA Contact: Jill M Giordano Farmer [jmg477@drexel.edu](mailto:jmg477@drexel.edu), Drexel Neurosciences Institute

Parkinson's Community Outreach, The Jewish Home of Eastern PA, Scranton, PA

Contact: Nicole Lipinski [nlipinski@jhep.org](mailto:nlipinski@jhep.org), [jhep.org](http://jhep.org)

Pedaling for Parkinson's- Phoenixville YMCA, Greater Philadelphia YMCA-Phoenixville Branch, Phoenixville, PA

Contact: Sara Guido [sguido@philaymca.org](mailto:sguido@philaymca.org), [philaymca.org/locations/phoenixville](http://philaymca.org/locations/phoenixville)

## South Carolina

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

Contact: [anne.sass@rsfh.com](mailto:anne.sass@rsfh.com), [rsfh.com](http://rsfh.com)

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

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## Tennessee

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Rock Steady Boxing Music City and Franklin, TN

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## Texas

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Movin' to Wellness, Central Texas Advocates for Parkinson's, Temple, TX

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Endeavor Parkinsonology of Fort Worth Texas Christian University - Davies School of Communication Sciences & Disorders, Fort Worth, TX

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## Washington

Swedish Medical Center Living Well with Parkinson's Program, Swedish Medical Center Foundation, Seattle, WA

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## Wisconsin

Using art to increase health literacy of physical activity in patients with Parkinson Disease, Medical College of Wisconsin, Milwaukee, WI

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SOL Rock Steady/Faces of Parkinson's, SOL Fitness and Personal Training/Rock Steady Boxing, Janesville, WI

Contact: Connie Udell [cjudell@hotmail.com](mailto:cjudell@hotmail.com), [solpersonalfitness.com](http://solpersonalfitness.com)

\*Join the Parkinson's Party! for the Hispanic Community (Unite a la Fiesta de Parkinson)

- Self-Care, Mind and Body Approach using Argentine Tango, Nutrition in the Kitchen and Mindfulness/Stress Management Practices, Barrow Neurological Institute - St. Joseph Med. Ctr., Phoenix, AZ

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