



New Jersey 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](#).*

[North](#)

[Central](#)

[South](#)

Sep. 2023

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 nynj@parkinson.org.

August 2022



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.

NORTH JERSEY

Congregation Beth Ahm

Location: Verona, NJ

For more information, contact Lucille at (973) 403-1294.

Dance for Parkinson's

Dance for Parkinson's classes are taught by trained teaching artists who use music, guided imagery, vocalization, and movement from various genres of dance to provide participants with a holistic, safe, creative, and expressive experience.

Location: Cranbury DFPD, NJ 08512 – Meeting in-person and online

For more information, contact Lindsay Cahill at 732.249.1254 ext. 19 or

lcahill@arballet.org

Link to website [here](#).

Dance for Parkinson's Classes, Princeton Ballet Society (dba American Repertory Ballet)

Location: New Brunswick, NJ 08901 – Meeting online

For more information, contact Rachel Abrams at rabrams@arballet.org.

New Brunswick – RWJ Fitness & Wellness Center

Tai Chi & Movement Class

Location: New Brunswick, NJ

For more information, contact Cheylena Williams at (732) 745-7520 or

cheylena.williams@rwjbh.org.

Parkinson Life Center of Southern New Jersey: Body in Balance Physical Therapy and Fitness Center

Location: Linwood, NJ, 08221

For more information, contact 609-365-8499.

Parkinson's Exercise Program at Madison Area YMCA

Location: Madison, NJ 07940

For more information, contact Susan Shieley at (973) 822-9622 x. 2242.

Parkinson's Exercise Group Overlook

Location: Summit, NJ

For more information, contact Caroline Panter at (908) 522-5901 or (908) 522-2215

***West Morris Area YMCA's Fight Back Against Parkinson's Disease Program,**

West Morris YMCA (updated September 2023)

The West Morris Area YMCA's Fight Back Against Parkinson's Disease is a multi-faceted program that focuses on the physical, emotional, and social needs of people with Parkinson's Disease (PD) and their care partners. We address the intersection of mental health and Parkinson's Disease in both our exercise programs and our

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

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Parkinson's Foundation affiliated support group, and we are also dedicated to reaching and supporting care partners of individuals with Parkinson's Disease. Our program features exercise classes geared towards and exclusive to individuals diagnosed with Parkinson's Disease: Rock Steady Boxing (RSB) introduced in 2016 and Fight Back UH2O, a unique therapeutic water exercise class which adapts Rock Steady Boxing to an aquatic setting. Additional information on all of our Parkinson's Disease programming is accessible on the West Morris Area YMCA's website: <https://www.wmaymca.org>.

Location: Randolph, NJ – Meeting in-person

For more information, contact Ann Marie Peterson at annmarie@wmaymca.org

Link to Website [here](#).

**Brenda DeNure, B.A., M.Ed. RSB (Head Coach), ACSM
Membership and Service Delivery Ambassador (Updated November 23)**

RANDOLPH YMCA

14 Dover Chester Road, Randolph NJ 07869

(P) 973 366 1120 Ext 25 (F) 973 366 8025 (C) 201 481 8027

(E) brenda@wmaymca.org (W) www.randolphymca.org

Rock Steady Boxing –Bridgewater

*The goal is to improve the quality of life for those struggling with Parkinson's disease.
Meeting in person.*

Location: Martinsville RSB, NJ 08836

ASSESSMENTS: BY APPOINTMENT ONLY, please call 732-469-8448 to schedule.

For more information, contact Coach Anthony Christian at 732-469-8448 or

anthonystkd@msn.com

Link to website [here](#).

Rock Steady Boxing Busacca Fitness

Location: Point Pleasant, NJ 08742

For more information contact Matt Busacca at Busaccam@gmail.com

Link to website [here](#).

Spreading Laughter to Live Better with Parkinson's, Jewish Home Family

Location: Rockleigh, NJ 07647

For more information, contact Sunni Herman at sherman@jewishhomefamily.org.

Link to Website [here](#).

Strengthening Our Community: The Parkinson's Movement Disorder Education Program Saint Barnabas Medical Center

Location: West Orange, NJ 07052

For more information, contact (973) 322-5000

Link to Website [here](#).



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The Jewish Home Family Parkinson's Center

Various programs, including BIG and LOUD therapy, SLVT speech therapy, yoga, tai chi, Rock Steady Boxing, and assisted living.

Location: Rockleigh, NJ 07647- Meeting in-person and online

Fee: Price varies

For more information, contact 1-855-543-7275 or parkinsons@jewishfamilies.org.

Wellness Program

Location: Ridgewood, NJ

For more information, contact (201) 444-5600 ext. 330.

YMC Morristown Parkinson's Exercise Class [Updated March 2023]

Location: Cedar Knolls, NJ

Fee: Yes

For more information, contact Debbie Drzik, PT at ddrzik@comcast.net.

CENTRAL JERSEY

Fitness Forward for Parkinson's

Virtual Program for Parkinson's Population that includes:

Balance work, Original Strength warmups, Strength Training, Shadow Boxing for agility and Daily Wellness Tips to include nutrition, movement & mindfulness.

Location: Kendall Park, NJ 08824 – Meeting online

Fee: Monthly fee

For more information, contact Ginny Scaduto at 609-571-6536 or

ginnyscaduto@outlook.com.

Johnson Rehabilitation Institute JRI Parkinson's Choir, John F. Kennedy Medical Center Foundation

Location: Edison, NJ 08820

For more information, contact deborah.smith@hackensackmeridian.org.

Link to Website [here](#).

Mastering Parkinson's, CentraState Healthcare Foundation

Location: Freehold, NJ 07728

For more information, contact spurpuro@centrastate.com.

Link to Website [here](#).

***ParkinSINGs: Recognizing the Importance of Mental Health in Parkinson's Disease, JFK Medical Center (updated August 2023)**

ParkinSINGs, a creative, therapeutic choir for individuals with PD, allows participants to exercise and strengthen the muscles used for speaking and swallowing through singing, while also promoting social interaction, encouraging self-expression and enhancing



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quality of life. The grant from Parkinson's Foundation will allow JRI to further expand the program, adding group yoga, mindfulness, meditation and deep breathing exercises to help reduce stress, anxiety, depression and other mental health problems among ParkinSINGs participants, care partners and the PD community.

Location: Edison, NJ – Meeting in-person

Fee: None

For more information, contact Deborah Smith at deborah.smith@hmhn.org.

Link to Website [here](#).

Parkinson's Connection: Exercising Body, Mind, and Spirit, Jewish Federation of Southern New Jersey

Location: Cherry Hill, NJ 08003

For more information, contact (856) 751-9500 or [jewishfederation@ifedsnj.org](mailto: jewishfederation@ifedsnj.org).

Link to website [here](#).

PD Resource Facilitator, CentraState Healthcare Foundation

Location: Freehold, NJ

For more information, contact Sharon Purpuro at spurpuro@centrastate.com

Link to website [here](#).

***Rock Steady Boxing Program, CentraState Healthcare Foundation (updated August 2023)**

CentraState's Parkinson's Program is led by a Medical Director and Movement Disorder Specialist. We have multiple therapists who are trained in PD-specific therapies, and we also offer Virtual Brain Training for PD, Rock Steady Boxing, Dance for PD, Tai Chi for PD, and PD wellness strengthening, as well as educational lectures on PD six times per year and health screening for those newly diagnosed with PD.

Location: Freehold, NJ – Meeting in-person and online

Fee: None

For more information, contact Sharon Purpuro at spurpuro@centrastate.com.

Link to Website [here](#).

Rock Steady Boxing –Hillsborough

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: Hillsborough, NJ 08844 – Meeting in-person and online

For more information, contact Barbara Kelly at 908-210-2153 or rsbhillsborough@gmail.com

Link to website [here](#).

Rock Steady Boxing

Location: Lavalette, NJ 08735

Fee: No



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For more information, contact 914-837-6910 or JFK@rsbaffiliate.com.

Rock Steady Boxing – New Jersey Athletic Club

Location: Lawrenceville, NJ 08648

For more information, contact Barbara Kelly at 908-210-2153 or allaboutbalancenj@gmail.com.

Rock Steady Boxing

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: Princeton, NJ 08540

For more information, contact Ginny Scaduto at 609-571-6563 or southbrunswick@rsbaffiliate.com.

Rock Steady Boxing

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: Garwood, NJ 07027

Fee: Yes

For more information, contact Dayel Giammarino at (908) 922-7280 or centraljersey@rsbaffiliate.com.

SOUTH JERSEY

Parkinson's Connection at the Katz JCC

Whether you are newly diagnosed or have been fighting Parkinson's Disease for decades, The Parkinson's Connection at the Katz JCC is here to serve as a hub for all your movement and wellness needs. We hold Rock Steady Boxing, Dance for PD, Pilates for Neurological Disorders, Ballroom Dance for PD, Yoga for PD, Pedaling for PD.

Location: Cherry Hill, NJ 08003 – Meeting in-person and online

Fee: Free and fee-based classes available

For more information, contact Megan Matis at 856-424-4444 ext. 1151 or mmatis@jfedsnj.org.

Link to Website [here](#).

Punch out PD, Parkinson Life Center of Southern New Jersey

Location: Linwood, NJ 08221

For more information, contact: parkinsonlifecenter@gmail.com.

Link to Website [here](#).

Rock Steady Boxing Jersey Shore



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To provide a resource where all people diagnosed with Parkinson's Disease receive support, education, and research-based exercise programs that hold promise to slow the disease progression and enhance their quality of life.

Location: Linwood, NJ 08221 – *Meeting in-person*

Fee: Yes

For more information, contact Eleanor Hagan at 609-365-8499 or

sherric@bodyinbalancerehab.com.

Link to website [here](#).