



Arizona 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](#).*

[Anthem](#)

[Green Valley](#)

[Mesa](#)

[Phoenix](#)

[Prescott](#)

[Scottsdale](#)

[Sun City](#)

[Sun Lakes](#)

[Tucson](#)



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.

ANTHEM

PWR!Moves (updated April 2023)

A group fitness class that focuses on slowing disease progression, improving symptoms, restoring function, and increasing longevity and quality of life.

Location: Anthem, AZ 85086 – Meeting in-person

Fee: Yes

For more information, contact Denise Stansberry at 623-570-1011 or

Stayhealthyandhappy@msn.com

Link to website [here](#).

GREEN VALLEY

Safety and Health in Motion Stay Vertical, Valley Assistance Services (updated May 2023)

Location: Green Valley, AZ 85614

For more information, contact Case Manage at 520-625-5966 ext. 300 or

info@valleyassistanceservices.org

Link to website [here](#).

MESA

Tremble Clefs Arizona (updated May 2023)

We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom. This group meets from November through the end of March.

Location: Mesa, AZ 85205 – Meeting in-person

Fee: Yes

For more information, contact Chris Volz at volz.christine@yahoo.com

Link to website [here](#).

PHOENIX

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

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.

***Banner Neuro Wellness (BNW) Center, Banner Health Foundation** (updated August 2023)

In addition to building friendships with fellow people with Parkinson's (PWP), BNW offers members a variety of exercise and wellness programs including, but not limited to, dance classes, enrichment programs, support groups, social work services, physical therapy, and non-medical respite services.

Location: Phoenix, AZ – Meeting in-person and online

Fee: \$50 assessment fee, \$65 monthly fee, scholarships available

For more information, contact Loren Bouchard at loren.bouchard@bannerhealth.com.

Link to Website [here](#).

WE Move Parkinson's Exercise Program (updated August 2024)

This program is an all-inclusive exercise program that helps improve both motor and non-motor Parkinson's symptoms with a skillful and creative blend of challenge and exercise variety that program participants find fun and empowering.

Location: Phoenix, AZ 85028 – Meeting in-person

Fee: Yes

For more information, contact Joe Green at 480-938-7972 or joe@phyt4u.com.

Link to website [here](#).

PRESCOTT

Prescott YMCA Parkinson's Classes (updated April 2023)

Location: Prescott, AZ

For more information contact Marsha Hollaway at marsha.hollaway@prescottymca.org

Link to website [here](#).

SCOTTSDALE

Tremble Clefs Arizona (updated May 2023)

We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom.

Location: Scottsdale, AZ 85257 – Meeting in-person

Fee: Yes

For more information, contact Don Dotts at DonDotts@aol.com.

Link to website [here](#).

Movement Disorders Foundation of Arizona

A non-profit foundation offering quarterly educational seminars, Deep Brain Stimulation classes and weekly boxing classes.

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

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.

Location: Fountain Hills, AZ – *Meeting in-person and online*

Fee: Free

For more information, contact Lynette Benham at 480-403-4635 or director@mdfa.us

Link to website [here](#).

SUN CITY

Tremble Clefs Arizona *(updated May 2023)*

We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom.

Location: Sun City, AZ 85351 – *Meeting in-person*

Fee: Yes

For more information, contact Ray Erlandsen at rjaz68@gmail.com.

Link to website [here](#).

SUN LAKES

Tremble Clefs Arizona *(updated May 2023)*

We continue to provide music therapy sessions to people with Parkinson's disease. We have four in-person sessions: Sun City, Scottsdale, Mesa and Sun Lakes. We also offer an online music therapy session once a week via Zoom. It is planned that as the group grows, the meetings will change to once a week.

Location: Sun Lakes, AZ 85248 – *Meeting in-person*

Fee: Yes

For more information, contact Carolyn Perkins carolyn.perkins77@gmail.com

Link to website [here](#).

TUCSON

Parkinson's Wellness and Recovery (PWR!)

PWR!Moves are Parkinson's-specific exercises that help maintain and restore skills that have deteriorated and can interfere with everyday movements. The PWR!Gym offers group exercise classes, PT, and OT to those with Parkinson disease.

Location: Tucson, AZ 85705 – *Meeting in person and virtually*

Fee: Yes

For more information, contact 520-591-5346 or info@pwr4life.org.



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.

***Tucson JCC Parkinson's Wellness Program, Tucson Jewish Community Center** *(updated August 2023)*

The Tucson JCC Parkinson's Wellness Program is a flexible year-round program designed to provide exercise classes to people living with PD to improve PD symptoms and overall quality of life

Location: Tucson, AZ – Meeting in-person

Fee: Yes

For more information, contact Amy Dowe at adowe@tucsonjcc.org.

Link to website [here](#).