
New York State Wellness Programs by Region

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](#).*

<p><u>Central New York</u> <u>Finger Lakes/ Rochester</u> <u>Long Island</u> <u>Mid-Hudson/Westchester</u></p>	<p><u>Mohawk Valley</u> <u>Metro New York</u> <u>Western New York</u> <u>Virtual Only</u></p>
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Central NY

Aging Backwards Through Activities and Fitness Programs: A multidimensional program for people with Parkinson Disease, Rock Steady Boxing Syracuse

Location: Liverpool, NY 13088

For more information, contact Patrick VanBeveren at pjvanb@aol.com.

Link to Website [here](#).

Beat the freeze: A program to improve freezing of gait, Engage PT, OT, SLP

Providing both in person and telehealth physical, occupational and speech therapy services.

- *LSVT Loud-Speech Therapy*
- *Speak Out Program- Speech Therapy*
- *LSVT Big- Physical/ Occupational Therapy*
- *PWR!- Physical/ Occupational Therapy*

Location: Syracuse, NY

For more information, contact Elizabeth Yates Horton liz@brainbodybetter.com

Link to website [here](#).

The Jump Start Program: A Proactive Approach for those with Parkinson's Disease, Engage PT, OT, SLP

Location: Syracuse, NY

For more information, contact Elizabeth Yates Horton at liz@brainbodybetter.com

Link to website [here](#).

Empower Parkinson, Inc

A Comprehensive program of wellness programming for people with Parkinson's disease including Rock Steady Boxing, Pedaling for Parkinson's, poling, Big and Loud, dance, yoga, Tia Chi, educational classes and support groups.

Location: Syracuse, NY 13088 – *Meeting in-person and online*

Fee: Yes

For more information, contact Patrick VanBeveren DPT at 315-729-7178 or

empowerparkinson@gmail.com.

Link to website [here](#).

Biofeedback Training to Improve Gait Dysfunction, Empower Parkinson, Inc

Location: Tully, NY

For more information, contact Patrick VanBeveren at 315-729-7178 or

empowerparkinson@gmail.com.

Link to website [here](#).

Rock Steady Boxing *(updated August 2023)*

Location: Verona Beach, NY 13162 – *Meeting in-person*



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For more information, contact Angel Heredia - Certified Trainer and Site Coordinator at (315) 235- 2029.

Finger Lakes/Rochester

Pickleball for Families & Friends Living with Parkinson's, Rochester Accessible Adventures

Location: Rochester, NY

For more information, contact Anita O'Brien at

aobrien@rochesteraccessibleadventures.org

Link to website [here](#).

ROC Boxing and Fitness

Location: Rochester, NY 14609

For more information, contact Coach Dom at 585-254-3280.

Rock Steady Boxing Flower City

Location: Rochester, NY 14450

For more information, contact Jennifer Schlegel at 585-314-1823 or

flowercity@rsbaffiliate.com

Link to Website [here](#).

Rock Steady Boxing Rochester

Location: Webster & Rochester

For more information, contact Lindsay Perez at 585-469-0201 or

rochester@rsbaffiliate.com.

Link to Website [here](#).

Rock Steady Boxing Victor

Location: Victor, NY 14564

For more information, contact Robin Barclay at 585-398-6050 or

victor@rsbaffiliate.com.

Safe at Home Physical Therapy/RSB Victor

We provide specialized physical therapy and group fitness classes to people with Parkinson Disease/Parkinsonism. Physical Therapy can be provided in your home or in our clinic. We are certified in several types of treatment for Parkinson disease.

Location: Victor, NY 14564- Meeting in-person

Fee: Yes

For more information, contact Robin Barclay at 585-398-6050 or

robin@safeathomept.com.

Link to website [here](#).

Inspiring Hope Improving Ability, Rochester Accessible Adventures

Location: Rochester, NY 14623

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

November 2022



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For more information, contact Anita O'Brien at aobrien@rochesteraccessibleadventures.org.
Link to Website [here](#).

Kinetix Strength and Wellness

Location: Webster, NY 14580 – *Meeting in-person and online*

For more information, contact Jess Kleinhammer at kinetixjess@gmail.com
Link to Website found [here](#).

Wellness 360 Physical Therapy

Parkinson's specific physical therapy and personal training with certified LSVT and PWR therapists.

Location: Webster, NY 14580 – *Meeting in-person*

For more information, contact Lindsay Perez at 585-469-0201 or lindsay@wellness360fitness.com
Link to website [here](#).

Long Island

Achieve Wellness PT-OT

Location: Selden, NY 11784

For more information, contact Natalie Thompson 631-290-7400
Link to Website [here](#).

American Parkinson Disease Association

Therapeutic chorus for people with Parkinson's and their care partners.

Location: East Hampton, NY 11937

For more information, contact 631-862-3560.
Link to Website [here](#).

Boxing for Parkinson's – Barry and Florence Friedberg Jewish Community Center

Location: Oceanside, NY 11572 – Meeting in-person

Fee: Yes

For more information, contact Constantinos Labrinos at clabrinos@friedbergjcc.org or (516) 634-4010.
Link to website [here](#).

NYITCOM Adele Smithers PD Center



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.

The Adele Smithers Parkinson's Disease Treatment Center offers an innovative, comprehensive treatment program that empowers and improves the wellbeing of people with Parkinson's disease.

Location: Old Westbury, NY 11568 – Meeting in-person and online

Fee: Yes

For more information, contact Charles Siguenza at 516-686-7411 or csiguenz@nyit.edu or Sim Basta sbasta@nyit.edu.

Link to Website [here](#).

Pathways for Parkinson's, Mid-Island Jewish Community Center

A Wellness Program for People Living with Parkinson's. Join us for a series of educational lectures, support, and exercise. Each day lunch will be provided during which time participants can socialize with others who are also living with Parkinson's.

Location: Plainview, NY 11746- Meeting in-person

Fee: Yes

For more information, contact Puja Malhotra at 516-822-3535 x345 or pmalhotra@miyjcc.org.

Link to website [here](#).

Promoting Positive Mental Health for those with Parkinson's Disease and their Care Partners utilizing Alternative Therapies, Barry and Florence Friedberg Jewish Community Center

Provide health and wellness programs including boxing, Tai Chi, mental health and educational programs, and webinars.

Location: Oceanside, NY

For more information, contact Gloria Lebeaux at glebeaux@friedbergjcc.org

Link to website [here](#).

Center for Parkinson's Disease, Stony Brook Southampton Hospital (updated March 2023)

Offers education and support for patients living with Parkinson's disease, as well as extensive and integrated community-based wellness services. Sessions include Chair Yoga, Rock Steady Boxing, Tai Chi, and more. Medical clearance and brief assessments are required for all exercise and fitness classes.

Location: Southampton, NY 11968 – Meeting in-person and online

Fee: No

For more information, contact (631) 726-8800.

Link to website [here](#).

Mid-Hudson / Westchester



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Music has Power® for Parkinson's, Institute for Music and Neurologic Function

Music Has Power® for Parkinson's is a hybrid program lead by a board-certified music therapist offering in-person and online weekly music therapy program focused on enhancing and maintaining motor, cognitive, communication, and emotional wellbeing.

Location: Mount Vernon, NY 10552 – Meeting in-person and online

Fee: Free

For more information, contact Concetta Tomaino, DA, LCAT, MT-BC at 914-513-5292 or ctomaino@wartburg.org.

Link to Website [here](#).

LexAve Gym

136 Radio Circle Drive
Mt. Kisco, NY (Westchester County)
(914) 241-2657

Parkinson's Dance Class

Enjoy a dynamic and fun hour of dance and artistic exploration in a group setting. Come solo or bring a partner, friend or caregiver.

Location: White Plains, NY 10606 & Ossining, NY 10562 - Meeting in-person

Fee: Free

For more information contact Judith Ross at (914) 328-1900 or jgr@steffinossen.org.

Link to website [here](#).

Parkinson's Wellness Project *(updated February 2023)*

Explore new ways to move your best. Exercise is proven to reduce PD symptoms. Classes include Rock Steady Boxing, PD on the Move, and Dance Movement. Please note: Classes are separated by gender.

Location: Pomona, NY 10970 - Meeting in-person and online

Fee: Yes

For more information, contact Susan at (845) 300-4511.

Link to website [here](#).

Ping Pong Parkinson

Ping pong. Players of all levels are welcome.

Location: Pleasantville, NY 10570 – Meeting in-person.

Fee: Yes. First session is free.

For more information, contact Nenad Bach at landline: 914 271 7771, cell: 9145576092 or pingpongparkinson@gmail.com.

Link to Website [here](#).

Rock Steady Boxing Westchester

Location: White Plains, NY 10607

Fee: Yes

For more information, contact 914-433-7798 or admin@letsfightparkinsons.com.

Link to Website [here](#).

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November 2022



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Mohawk Valley

Pedaling for Parkinson's

This class is specifically designed for people with Parkinson's. Led by an instructor, participants ride on an upright stationary bike for 1 hour: 10 minute warm up at 60 RPM, 40 minutes at 80-90 RPM and a 10 minute cooldown.

Location: Saratoga Springs, NY 12866- Meeting in-person

Fee: Free

For more information contact Sue Lipscomb at 518-583-9622 or sue.lipscomb@srymca.org.

Moving Forward Together - An Educational Program for Those Living with Parkinson's Disease & Their Caregivers, Albany Medical College

Location: Albany, NY 12208

For more information, contact Eric Molho at molhoe@amc.edu.

Link to website [here](#).

Metro New York

BRONX

Dance for PD

Location: Bronx, NY 10467 – Meeting in-person and online

For more information, contact 718-218-3373

Link to website [here](#).

Rock Steady Boxing - Bronx, NY

(551) 298-6138

Link to Website [Here](#).

BROOKLYN

*** Dance for Parkinson's (DfPD) – Expanding offerings in Spanish, Discalced, Inc., dba Mark Morris Dance Group (updated August 2023)**

Founded in 2001, Dance for PD® (DfPD) is a ground-breaking and research-backed program of the Mark Morris Dance Group (MMDG) that invites people with Parkinson's Disease, their families, and care partners to experience the joys and benefits of dance as a form of physical and creative expression through virtual and in-person dance, music, and movement classes. DfPD has established itself as a global leader, motivating thousands of people with Parkinson's to improve their physical, mental, and social well-being over the course of their lifespan. Programming will target new Spanish-



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speaking participants, many of whom are also members of historically marginalized communities (non-white, disabled, immigrant, low-income, etc.). It is estimated that 40,000+ New Yorkers are living with Parkinson's—25% of whom are Spanish speakers. Dance for PD en español is the first resource of its kind Spanish-speaking New Yorkers living with Parkinson's, and their families and/or care partners. We will celebrate our community in June 2024 with the 6th Dance for PD in Performance project featuring original and adapted choreography performed by people with Parkinson's and care partners.

Location: Brooklyn, NY – Meeting in-person and online

Fee: None

For more information, contact Haley Mason Andresat haley.m.andres@mmdg.org.

Link to Website [here](#).

Long Island University Brooklyn - Fitness for PD

Fitness for PD at LIU is a free exercise class developed specifically for people with Parkinson's Disease (PD), in collaboration with the Brooklyn Parkinson Group (BPG). Prior registration is required.

Location: Brooklyn, NY 11201

For information, contact Dr. Rebecca States at Rebecca.States@liu.edu or 718-780-4149

Link to Website [here](#).

*** Living Well with PD: Enhancing Physical Health & Social Support, Sephardic Community Youth Center** *(updated August 2023)*

The Sephardic Community Center (SCC) has served generations of families with cultural, recreational, educational and social programming for more than 40 years. From young children to the eldest senior adults, the SCC strives to provide for the unique needs of every age and stage with opportunities to maintain a healthy physical, intellectual, and social lifestyle. The SCC also provides programs in a nurturing social setting for people with conditions such as dementia and Parkinson's disease. With the support of the Parkinson's Foundation, SCC's programs for people with PD help them maintain and strengthen their physical function, enhance communication abilities and increase socialization. The SCC's programs promote a healthy, proactive lifestyle and boost confidence to "fight back against Parkinson's."

Location: Brooklyn, NY – Meeting in-person and online

Fee: None

For more information, contact Linda Eber at Linda@scclive.org.

Link to Website [here](#).

NYP-Brooklyn Methodist Hospital Parkinson's Disease Exercise and Wellness Program Sponsored by: APDA

We hold Parkinson's Disease yoga classes, dance classes, support groups, and Parkinson's Disease caregivers support groups.

Location: Brooklyn, NY 11215 – Meeting in-person and online.

Fee: Yes. Online classes free.



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For more information, contact Erika Adelman, LMSW, SIFI at 646-704-1792 or era9029@nyp.org.

Rock Steady Boxing

Link to Website [Here](#).

MANHATTAN

Integrative Health and Wellness Community Outreach, Joan & Sanford I. Weill Medical College of Cornell University

Location: New York, NY

For more information, contact Natalie Hellmers at nah9011@med.cornell.edu

Link to website [here](#).

Marlene Meyerson JCC Manhattan

Edmond J. Safra Parkinson's Wellness Program. Through education, exercise, support groups, and other programs, and in collaboration with the medical and local communities, people impacted by Parkinson's remain active, connected, and empowered. We provide information, resources and programs to help people living with PD, their care partners and families opportunities to live and thrive with PD in a community based program.

Location: New York, NY 10023

Fee: Intake interview required prior to registration- Meeting in-person and online.

For more information, contact Whitney Chapman at 646-505-4383 or

wchapman@mmjccm.org.

Link to Website [here](#).

The Mark Morris Dance Group

Dance for PD

Location: Link to Website with locations [here](#). Meeting in-person and online

For more information, contact Natasha at 718-218-3373.

Ping Pong for Good

Ping Pong for Good is a non-profit organization dedicated to improving lives through the transformative power of ping pong. We offer a specialized group ping pong class that utilizes the powerful benefits of ping pong to optimize brain and body health, fostering an inclusive environment that encourages community and friendship.

If you are interested in attending or starting a program in your community, we are here to help guide you. Interested parties can email us at info@pingpongforgood or complete the following survey [here](#).



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Rock Steady Boxing

Living Well Balanced
113 W 78th St, New York, NY 10024, United States
(212) 579-2858

Manhattan
123 East 12th Street, New York, NY 10003, United States
(513) 675-9775

ProFitness Physical Therapy
171 East 84th Street, New York, NY 10028, United States
(914) 830-3107

Link to Website [Here](#).

92nd St YMCA

PEP! - Parkinson's Exercise Program. Emphasis is on stability, strength, gait preservation, motor coordination and balance improvement. Must be able to climb a short flight of stairs.

Location: New York, NY 10128

Fee: Yes. Pre-interview with the program director required prior to registration.

For more information, contact Kareem Collins at 212-415-5722.

Link to Website [here](#).

QUEENS

Dance for PD

Sing and Dance for PD

Location: Forest Hills, NY 11375

For more information, contact Natasha at 718-218-3373.

Link to Website [here](#)

Reclaim Your Voice at Queens College

The program aims to improve the speech and communication of people with Parkinson's. Following the Parkinson Voice Project training - SPEAK OUT! and The LOUD Crowd, individual and group therapy is provided (currently at no cost) to people in the NY area.

Location: Queens, NY 11367– Meeting in-person and online.

Fee: Free

For more information, contact Elizabeth Vicaro at 718-997-2946 or

Elizabeth.vicaro@qc.cuny.edu.

Link to Website [here](#).



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Rock Steady Boxing - Queens, NY

212-73 26th Ave, Bayside, NY 11360, United States
(718) 747-2019

Link to Website [Here](#).

Western New York/ Buffalo

Art Moves Me and Mind at Burchfield Penney Art Center

Group classes for physical and mental wellness using a de-medicalized arts-based approach to therapeutic movement. Classes are held in a beautiful art museum setting.

Location: Buffalo, NY 14222- Meeting in-person

Fee: Free

For more information, contact 7168786011 or burchfld@buffalostate.edu.

Link to website [here](#).

Boxing Against Parkinson's

Location: Various locations in Buffalo and Orchard Park, NY

Fee: Yes

For more information, contact Kevin Cunningham at (716) 886-0252.

Balanced Boxing at D'Youville College

Classes are led by James Wypij.

Locations: Buffalo, NY 14201

For more information contact James Wypij at 716-534-7882 or wypij3@aol.com.

Parkinson's Boxing

Designed to relieve the symptoms of Parkinson's disease, especially those associated with balance and body movement. After all, a fighter needs the best balance possible. We enable patients to restore the motion they thought was gone forever. It requires work, but it is worth it.

Location: Buffalo, NY 14217- Meeting in-person

Fee: Yes

For more information, contact Dean Eoannou at (716) 348-2823 or

info@parkinsonsboxing.com.

Link to website [here](#).

Parkinson's Boxing

Designed to relieve the symptoms of Parkinson's disease, especially those associated with balance and body movement. After all, a fighter needs the best balance possible. We enable patients to restore the motion they thought was gone forever. It requires work, but it is worth it.

Location: Hamburg, NY 14075- Meeting in-person

Fee: Yes

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For more information, contact Dean Eoannou at (716) 348-2823 or info@parkinsonsboxing.com.

Link to website [here](#).

Power Hour Boxing Classes

Training sessions that help to battle against Parkinson's symptoms.

Location: Dunkirk, NY 14048

Fee: Yes

For more information, contact Dave Harriger at (716) 785-0547.

PD Dance

Dance classes offered by Mark Morris trained Cynthia Pegado. o Northtowns – Every Tuesday, 11:00 AM to noon.

Location: Kenmore, NY 14217- Meeting in-person

For more information contact (716) 262-8122 or cypegado@gmail.com.

Rock Steady Boxing at the Jewish Community Center (updated July 2023)

Boxing fitness non-contact curriculum for Parkinson's disease.

Location: Getzville, NY 14068

Fee: Yes

For more information, contact Todd Schifferle at (716) 204-2254.

Parkinson's Boxing Club

Informal boxing classes.

Location: Salamanca, NY 14779

For more information, contact Tim Mager at (585) 378-6110.

RRB Parkinson's Restoration Program

Program incorporates boxing and cognitive training in order to fight off disease progression, combat rigidity, and other Parkinson's symptoms that affect activities of daily living.

Location: Niagara Falls, NY 14304

For more information, contact Ryan Batt at ryanbatt@ymail.com or (716) 392-0552

PWR! Moves

PWR! Moves is a research-based Parkinson's-specific exercise and wellness program that targets and improves rigidity, slow movement, gait, balance, freezing and everyday function.

Location: Clarence Center, NY 14032 – Meeting in-person and online

For more information, contact Certified PWR! Therapist, Jill Eppolito Barden, PT at 716-406-2969 or jill@everybodypt.fit.

Triology Physical Therapy

A fitness club wholly integrated with an independent physical therapy practice. Parkinson's specific physical therapy and exercise classes for anyone who has a



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medical condition.

Locations: Various locations in Grand Island and Kenmore
For more information, contact (716) 773-4323 or (716) 871-1100

Parkinson's GOAL Night (formerly Perk Café)

GOAL stands for Get Out And Live, Learn, Laugh, Love, etc. Join us for fun, games, conversation and laughs

Location: Depew, NY 14043- Meeting in-person
For more information, contact (716) 449-3795.

Buffalo Hearing and Speech Center

The SPEAK OUT!® program incorporates speech, voice, and cognitive exercises while focusing on the use of intent to change speech from an automatic to an intentional function. The LOUD Crowd® is a group therapy program where the clients practice carryover of their SPEAK OUT!® exercises in an effort to speak with intent in the context of functional communication activities.

Location: Buffalo, NY 14203
For more information contact Amy Stohl at at (716) 204-8680 or (716) 885-8318

Rock Steady Boxing in Hamburg

Multi-level based classes.

Location: Hamburg, NY 14075
Fee: Yes
For more information, contact Cindy Menard at (716) 866-8988.

Parkinson's Yoga

Join us on Friday's at 5:30PM for FREE yoga. Come work on your flexibility, strength, and mental & physical balance.

Location: Buffalo, NY 14209- Meeting in-person
Fee: Free
For information, contact Larry Pignataro at lpignataro@aol.com.

Virtual Only

Center for Parkinson's Disease at Stony Brook Southampton Hospital

Offers Sing LOUD, Urban Zen for Caregivers, Tai Chi, Rock Steady Boxing, Chair Yoga, and Eat Well with Parkinson's.

Location: Meeting online
For more information, contact Sarah Cohen, PT, DPT at 631-644-6667 or sarah.cohen@stonybrookmedicine.edu.
Link to Website [here](#).

Get LOUD! Stay LOUD! Online Parkinson's Speech Exercise Program

Daily guided voice/speech exercise for Parkinson's.

Location: Meeting Online

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For more information, contact Sarah Awde, Registered speech language pathologist, at Info@GetLoudTherapy.com.

Link to website [here](#).

Connecting Voices, Accent Wellness

A musical group experience focused on improving breath support, vocal volume, clarity of speech and facial expression.

Location: Meeting Online

For more information contact Melinda C. Schirmer, MA, LCAT, MT-BC at mschirmer@accentwellness.org or (585)-558-2334

Link to website [here](#).

StoPD- Functional Boxing for Parkinson's: Columbia University

StoPD functional boxing program is a combination of stretching, high intensity training and boxing drills, developed by Parkinson's experts to improve balance, stamina, flexibility and strength.

Location: New York, NY 10012 – Meeting online

Fee: Yes

For more information, contact Alex Montaldo at 917-832-4985 or info@stop-pd.org

Link to Website [here](#).

Shakespeare for Parkinson's, Rod Rodgers Dance Company

Location: New York, NY 10003 – Meeting online

For more information, Kurt Brungardt, at brungyk@gmail.com.

Link to website [here](#).

***Shakespeare For Parkinson's, Overtime Dance Foundation, Inc. (updated August 2023)**

Shakespeare for Parkinson's provides an opportunity for participants to keep their bodies in motion, their voices active, and their minds engaged, all by acting out the lyrical works of Shakespeare in a communal, supportive environment. Participants come to us from a variety of backgrounds: some have experience acting and performing and may recognize a few techniques; plenty of others have little or no theater experience, and it's all new to them; a few may not even have much experience with Shakespeare's work at all but are curious to see what this is all about. All are welcome and necessary contributors to the community we intend to cultivate. The program offers two ways to become involved. Participants can attend a weekly, one-hour instructional class to learn and enjoy our favorite activities to activate mind and body through beginner-oriented body warm-ups, vocal exercises, and scene work. In addition, participants can join our Theatre Troupe, where they'll spend an additional 1.5 hours each week honing those



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acting skills as they rehearse a specific scene with their peers, to be performed virtually for an audience.

Location: New York, NY – Meeting online

Fee: None

For more information, contact Nick Filippini at nfilippini1994@gmail.com.

Link to Website [here](#).

Virtual Improv for PD Program, Mount Sinai Beth Israel

Location: New York, NY – Meeting online

For more information, contact Joan Miravite at Joan.Miravite@mountsinai.org

Link to website [here](#).