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## **New York State Wellness Programs by Region**

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*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><a href="#">Central New York</a></u> <u><a href="#">Finger Lakes/ Rochester</a></u> <u><a href="#">Long Island</a></u> <u><a href="#">Mid-Hudson/Westchester</a></u></p>	<p><u><a href="#">Mohawk Valley</a></u> <u><a href="#">Metro New York</a></u> <u><a href="#">Western New York</a></u> <u><a href="#">Virtual Only</a></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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:empowerparkinson@gmail.com).

Link to website [here](#).



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## 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](mailto: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](mailto: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](mailto: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](mailto: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



*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 Robin Barclay at 585-398-6050 or [robin@safeathomept.com](mailto:robin@safeathomept.com).

Link to website [here](#).

### **Inspiring Hope Improving Ability, Rochester Accessible Adventures**

**Location:** Rochester, NY 14623

For more information, contact Anita O'Brien at

[aobrien@rochesteraccessibleadventures.org](mailto: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](mailto: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](mailto: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](mailto:clabrinos@friedbergjcc.org) or (516) 634-4010.

Link to website [here](#).



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### **NYITCOM Adele Smithers PD Center**

*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](mailto:csiguenz@nyit.edu) or Sim Basta [sbasta@nyit.edu](mailto: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](mailto: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](mailto:glebeaux@friedbergjcc.org)

Link to website [here](#).

## **Mid-Hudson / Westchester**

### **\*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](mailto:ctomaino@wartburg.org).

Link to Website [here](#).



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### **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](mailto: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](mailto: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](mailto:admin@letsfightparkinsons.com).

Link to Website [here](#).

## **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](mailto:sue.lipscomb@srymca.org).

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

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

November 2022



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**Location:** Albany, NY 12208

For more information, contact Eric Molho at [molhoe@amc.edu](mailto: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](#).

### **BROOKLYN**

#### **\*Dance for PD, Discalced, Inc., dba Mark Morris Dance Group**

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

For more information, contact Haley Mason Andres at [haley.m.andres@mmdg.org](mailto: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](mailto:Rebecca.States@liu.edu) or 718-780-4149

Link to Website [here](#).

#### **\*Living Well with Parkinson's: Improving Movement, Communication & Support, Sephardic Community Youth Center**

*To help people with PD improve and/or maintain their best levels of ability as well as find support by networking and sharing resources at the classes and special programs. Offers Rock Steady Boxing online via Zoom and in-person. Other programs include Healing Music for Parkinson's and Speech therapy.*

**Location:** Brooklyn, NY 11223 – Meeting in-person and online

For more information, contact Linda Eber at 718-954-3154 or [Linda@scclive.org](mailto: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.*



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

**Fee:** Yes. Online classes free.

For more information, contact Erika Adelman, LMSW, SIFI at 646-704-1792 or [era9029@nyp.org](mailto:era9029@nyp.org).

## MANHATTAN

### **\*Broadway's Best for Parkinson's, The Jewish Community Center in Manhattan, Inc.,**

**Location:** New York, NY

For more information, contact Cynthia Ceilan at [cceilan@mmjccm.org](mailto:cceilan@mmjccm.org).

Link to website [here](#).

### **\*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](mailto: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](mailto:wchapman@mmjccm.org).

Link to Website [here](#).

### **\*Promoting engagement of physical activity in early stage Parkinson's Disease (Engage PD) Teachers College, Columbia University**

**Location:** New York, NY

For more information, contact Lori Quinn at [lq2165@tc.columbia.edu](mailto:lq2165@tc.columbia.edu)

Link to website [here](#).

### **Sing for Your Health, The New York Society for Ethical Culture**

**Location:** New York, NY 10023- Meeting online

**Fee:** Yes





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For more information, contact Dana Calitri at 917-880-8058 or [sfyhealth@gmail.com](mailto:sfyhealth@gmail.com).  
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.

### **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 JCCreem 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.viccaro@qc.cuny.edu](mailto:Elizabeth.viccaro@qc.cuny.edu).

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

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For more information, contact 7168786011 or [burchfld@buffalostate.edu](mailto: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](mailto: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](mailto: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

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

[info@parkinsonsboxing.com](mailto: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.*

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**Location:** Kenmore, NY 14217- Meeting in-person

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

### **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.

### **Rock Steady Boxing at the Jewish Community Center**

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

**Location:** Getzville, NY 14068

**Fee:** Yes

For more information, contact Sam Seiler 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](mailto: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](mailto: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 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)**

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*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 (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](mailto: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](mailto: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

For more information, contact Sarah Awde, Registered speech language pathologist, at [Info@GetLoudTherapy.com](mailto:Info@GetLoudTherapy.com).

Link to website [here](#).



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**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](mailto: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](mailto: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](mailto:brungyk@gmail.com).

Link to website [here](#).

**\*Shakespeare For Parkinson's, Overtime Dance Foundation, Inc.**

**Location:** New York, NY

For more information contact Nick Filippini at [nfilippini1994@gmail.com](mailto: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](mailto:Joan.Miravite@mountsinai.org)

Link to website [here](#).