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## Dakotas Wellness Programs

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*We do our best to maintain a current list, but we advise that you email or call 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><a href="#"><u>Bismarck</u></a></p> <p><a href="#"><u>Dickinson</u></a></p> <p><a href="#"><u>Fargo</u></a></p>	<p><a href="#"><u>Mandan</u></a></p> <p><a href="#"><u>Minot</u></a></p> <p><a href="#"><u>Rapid City</u></a></p> <p><a href="#"><u>Sioux Falls</u></a></p>
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If you would like to be added to this list, or if the details of your program need to be updated, please contact us by emailing [minnesotadakotas@parkinson.org](mailto:minnesotadakotas@parkinson.org).

August 2023



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## BISMARCK

### **Aging Gracefully, Northern Plains Dance** (updated May 2023)

*This dance class allows participants to experience the joys and benefits of dance while creatively addressing concerns related to balance, cognition, motor skills, and physical confidence.*

**Location:** Bismarck, ND 58504 – Meeting in-person

For more information, contact Katherine Hardy at 701-530-0986 or [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

Link to Website [here](#).

### **Exercise for Life, Touchmark**

*Health club tailored to the fitness experience of active aging adults.*

**Location:** Bismarck, ND 58503

For more information, contact 701-352-6569 or 701-323-7020

Link to Website [here](#).

### **Parkinson's Group Exercise, Missouri Valley Family YMCA** (updated May 2023)

*PWR! Moves is a Parkinson's Disease (PD)-specific group exercise program that helps to teach you how to move bigger and faster in everyday life to counteract PD symptoms. As you learn these PD-specific skills and techniques, you will be challenged physically and cognitively, to do more than you ever thought you could in a fun, supportive and effective group fitness environment. We also rotate between aqua aerobics, Tai Chi, Nordic walking, cardio dance, chair yoga, and an intense skill-based circuit class.*

**Location:** Bismarck, ND 58501 – Meeting in-person

For more information, contact McKaela Halvorson or [mckaela.halvorson@bismarckymca.org](mailto:mckaela.halvorson@bismarckymca.org)

or contact 701-751-9721

Link to Website [here](#).

## DICKINSON

### **Parkinson's Exercise Class, Southwest Parkinson's Support Group**

**Location:** Dickinson, ND

For more information, contact Rebecca Lutz at [rlutzy1@gmail.com](mailto:rlutzy1@gmail.com).

## FARGO

### **LOUD Crowd, Sanford Health** (need to have completed LSVT Loud or SPEAK OUT!) (updated May 2023)

*Weekly FREE class to complete voice, speech, swallowing, and cognitive exercises for individuals who have completed the LSVT LOUD or SPEAK OUT programs.*

**Location:** Fargo, ND – Meeting in-person

**Fee:** No

For more information, contact Heidi Fiskness at [heidi.fiskness@sanfordhealth.org](mailto:heidi.fiskness@sanfordhealth.org)

Or call the office at 701-417-4085

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

August 2023



### **Dakotas Wellness Programs**

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#### **\*Parkinson's disease Community Outreach and NeuroFit project, Family Wellness, LLC**

*(updated August 2023)*

*Family Wellness Fargo and the Sanford Neurology movement disorders team are focused on education and quality of life. Our goal for 2023 is to focus on two different areas of community programming expansion, expanding the existing support and educational group offerings and the development of amplitude, strength and balance enhancing exercise classes engaging patients with Parkinson's disease through a collaboration between Family Wellness Fargo and the Sanford movement disorders team. These classes would be offered twice a week at Family Wellness and would be led by a personal trainer educated by a Lee Silverman BIG/PWR! certified physical therapist and Ready Steady boxing coach, both familiar to Parkinson's disease.*

**Location:** Fargo, ND – Meeting in-person and online

**Fee:** \$10 per class or \$80 per month, scholarships available

For more information, contact Sarah Matcha at [sarah.matcha@sanfordhealth.org](mailto:sarah.matcha@sanfordhealth.org).

Link to Website [here](#).

#### **Movement Disorders Team Patient-Centered Programs, Sanford Medical Center Fargo**

*(updated May 2023)*

*Movement Disorders Team Patient-Centered Programs, Sanford Medical Center Fargo - Dakotas Wellness Programs 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. This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636).*

**Location:** Fargo, ND

For more information, contact Sarah Matcha at [ParkinsonsResearch@sanfordhealth.org](mailto:ParkinsonsResearch@sanfordhealth.org) or 701-417-5754

Link to website [here](#).

#### **Offsite - Parkinson's Performance Boxing, TNT Kid's Fitness & Gymnastics**

*Parkinson's Performance Boxing gives individuals diagnosed with the disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.*

**Location:** Fargo, ND 59103 – Meeting in-person

For more information, contact Jake Haile at [jake@tntkidsfitness.org](mailto:jake@tntkidsfitness.org) or 701-551-5011

Link to Website [here](#).

#### **Standing T'ai Chi Chih – Heart Springs Center** *(updated May 2023)*

*T'ai Chi Chih is a movement form composed of 19 movements bringing relaxation AND re-energization! It is taught by a physical therapist.*

**Location:** Fargo, ND 58102 – Meeting in-person and online

**Fee:** Yes

For more information, contact Jan Nelson at 701-261-3142 or [heartspringsed@gmail.com](mailto:heartspringsed@gmail.com).

Link to Website [here](#).

Link to Classes and Therapy [here](#).



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## MANDAN

### **Rock Steady Boxing, Family Wellness Bis-Man, Family Wellness Bismarck Mandan LLC**

*(updated May 2023)*

*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:** Mandan, ND 58554 – Meeting in-person

For more information, contact Taija Bohn [taija.bohn@familywellnessbisman.org](mailto:taija.bohn@familywellnessbisman.org) or 701-751-9804

**Fee:** No

Link to Website [here](#).

### **Express Yourself: Coping with PD Support Group, Innovative Therapy Solutions & Consulting LLC**

**Location:** Mandan, ND

For more information, contact Megan Dooley at [megan.dooley@innovativetherapysc.com](mailto:megan.dooley@innovativetherapysc.com)

Link to website [here](#).

## MINOT

### **Minot Family YMCA, Movement Matters** *(updated July 2024)*

*The Movement Matters program helps adults of all ages with Parkinson's or other health conditions that affect balance to maintain an active lifestyle while focusing on cardiovascular conditioning and flexibility.*

**Location:** Minot, ND 58701 – Meeting in-person

For more information, contact Russ Gust at (701) 852-0141 or [rgust@ymcaminot.org](mailto:rgust@ymcaminot.org).

Link to Website [here](#).

## RAPID CITY

### **YMCA of Rapid City - Parkinson's Disease Courses, YMCA of Rapid City**

**Location:** Rapid City, SD 57701 – Meeting in-person

For more information, contact Alyssa Silko at 605-718-9622 or [alyssas@rcymca.org](mailto:alyssas@rcymca.org)

**Fee:** No

Link to Website [here](#).



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## **SIoux FALLS**

### **Avera Parkinson's Group Exercise** *(updated June 2023)*

*Groups meet twice a week; participants perform a variety of physical and cognitive activities, with an emphasis on using PWR! moves.*

**Location:** Sioux Falls, SD 57108 – Meeting in-person

**Fee:** Yes

For more information, contact Jo Sannes at 605-504-2332 or [jo.sannes@avera.org](mailto:jo.sannes@avera.org)

### **Living Well with Parkinson's Disease, Avera McKennan Hospital & University Health Center**

**Location:** Sioux Falls, SD

For more information, contact Matt Leedom at [matt.leedom@avera.org](mailto:matt.leedom@avera.org)

Link to website [here](#).