
Georgia 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](#).*

<u>Alpharetta</u>	<u>Marietta</u>
<u>Atlanta</u>	<u>Metro Atlanta</u>
<u>Beech Island, SC</u>	<u>Newnan</u>
<u>Canton</u>	<u>Norcross</u>
<u>Cumming</u>	<u>Peachtree Corners</u>
<u>Decatur</u>	<u>Ringgold</u>
<u>Gainesville</u>	<u>Roswell</u>
<u>Griffin</u>	<u>Sandy Springs</u>
<u>Holly Springs</u>	<u>Stone Mountain</u>
<u>Kennesaw</u>	<u>Tyrone</u>
<u>Lawrenceville</u>	<u>Watkinsville</u>
<u>Loganville</u>	<u>Online Classes</u>
<u>Macon</u>	

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.

ALPHARETTA

Basic Line Dance

Location: Alpharetta, GA 30005 (two different locations – contact instructor for details).
For more information, contact Wendy Haggerty at whaggerty2016@gmail.com.

Meditation

Location: Alpharetta, GA 30005
For more information, contact Wendy Haggerty at whaggerty2016@gmail.com.

Parkinson's Movement

Ed Isakson/Alpharetta Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Alpharetta, GA 30005
Fee: YMCA Membership required
For more information, contact the Ed Isakson/Alpharetta Family YMCA at 770-664-1220.

ATLANTA

LDBF Boxing for Parkinson's

Location: Atlanta, GA 30315
Fee: Yes
For more information, contact Maria Merrit at 404-477-4633

Parkinson's Boxing, Movement, and PD Balance & Stability

Cowart Family/Ashford Dunwoody YMCA, East Lake Family YMCA and Villages at Carver Family YMCA offer Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Atlanta, GA
Fee: YMCA Membership required
For more information, contact the Cowart Family YMCA at 770-451-9622, the East Lake Family YMCA at 404-373-6561, or the Villages at Carver Family YMCA at 404-635-9622.

BEECH ISLAND, SC

Day One Fitness – Fighting to Win

Classes include Power Boxing, FUNctional UB/LB, Strength, Manual Dexterity & Speech/Vocal Training, One-on-One Training, Physical Therapy Intensive, Dance, Yoga and Nordic Pole Walking.

Location: Beech Island, SC 29842
Fee: Yes
For more information, contact Suzanne Denmark at 803-265-1699 or info@dayonefitness.org.
Link to website [here](#).

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

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CANTON

Parkinson's Movement and Balance & Stability

G. Cecil Pruett Community Center Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Canton, GA 30114

Fee: YMCA Membership required

For more information, contact the G. Cecil Pruett Community Center Family YMCA at 770-345-9622.

CUMMING

Parkinson's Boxing and Movement

Forsyth County Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Cumming, GA 30040

Fee: YMCA Membership required

For more information, contact the Forsyth County Family YMCA at 770-888-2788.

Parkinson's Fab Fit & Fun

Location: Cumming, GA

Fee: Yes

For more information, contact Wendy Haggerty at whaggerty2016@gmail.com

DECATUR

Ageless Grace Brain Health

Location: Decatur, GA 30033

For more information, contact Sandy Bramlett at 678-576-9553 or email swbsun@aol.com.

Link to website [here](#).

Parkinson's Movement, Cardio & Strength

Decatur Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Decatur, GA 30030

Fee: YMCA Membership required

For more information, contact the Decatur Family YMCA at 404-377-9622.

DUNWOODY

Fit Club

PWR! Moves, agility, boxing, balance, weight work, Ageless Grace, and more!

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Location: Dunwoody, GA 30338

Fee: No

For more information, contact Maureen McCord at 470-206-8563 or maureen@parkinsonmovement.com.

GAINESVILLE

LDBF Boxing for Parkinson's

Location: Gainesville, GA 30501

Fee: Yes

For more information, contact Kelly Leo at 678-896-7846 or fullthrottleoakwood@gmail.com.

GRIFFIN

Punching Parkinson's

Location: Griffin, GA 30223

Fee: Yes

For more information, contact Spaulding County Senior Center at 770-467-4385 or lbrown@spauldingcounty.com.

Link to website [here](#).

HOLLY SPRINGS

Parkinson's Fitness Class

Location: Holly Springs, GA 30115

For more information, contact Kelly Sandt at 770-722-1917

KENNESAW

Parkinson's Boxing and Parkinson's Movement

Northwest Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Kennesaw, GA 30152

Fee: YMCA Membership required

For more information, contact the Northwest Family YMCA at 770-423-9622.

LAWRENCEVILLE

Parkinson's Movement and Cardio & Strength

JM Tull Gwinnett Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

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Location: Lawrenceville, GA 30045

Fee: YMCA Membership required

For more information, contact the JM Tull Gwinnett Family YMCA at 770-963-1313.

LOGANVILLE

KOPD (Knockout Parkinson's Disease)

45-minute session designed to combat the symptoms of PD with a boxing emphasis. Provides strength training, cognitive stimulation, coordination & community.

Location: Loganville, GA

For more information contact Maura Cartwright at 937-478-7018 or

coachmaura@keppnerboxing.com.

Link to website [here](#).

MACON

PD Fit

Exercise program for people with Parkinson's (aided by their care partners), which includes aerobics, circuit training, flexibility, boxing and neuromuscular/balance.

Location: Macon, GA 31210-9150 – Meeting in-person

Fee: Yes, MGA Wellness Center membership. The Wellness Center is a Silver Sneakers approved facility.

For more information contact Struby Thelen at 813-503-6202 or PDFit@MeOverPD.org.

Link to website [here](#).

MARIETTA

Parkinson's Balance & Stability

McCleskey-East Cobb Family YMCA and Northeast Cobb Family YMCA offer Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Marietta, GA 30062

Fee: YMCA Membership required

For more information, contact the McCleskey-East Cobb Family YMCA at 770-977-5991 or the Northeast Cobb Family YMCA at 678-569-9622.

LSVT for LIFE

Participants must have graduated from an LSVT program to be eligible for this class.

Location: Marietta, GA 30060

For more information, contact 770-956-7827 and request to register for "LSVT for LIFE."

METRO ATLANTA

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Metro Atlanta YMCA

Classes include Parkinson's Boxing, Movement, Balance & Stability and Cardio & Strength.

Location: Multiple locations and classes available

Fee: YMCA Membership required

Link to website [here](#).

Ageless Grace Brain Health

Location: Atlanta, GA

For more information, contact Sandy Bramlett at 678-576-9553 or email swbsun@aol.com.

Link to website [here](#).

Parkinson's Personal Trainers

Location: Throughout Metro Atlanta (contact trainer for details)

Kelly Sandt: 770-722-1917 or kellysandt@gmail.com

Maureen McCord: 470-206-8563 or maureen@parkinsonmovement.com

Mark Bodnar: 404-873-3363 or msbyoga@gmail.com

Michael Cohen: 678-637-2462 or mwcohen59@me.com

Private and Semi-Private In-Home Yoga Therapy Sessions

For more information, please contact Wendy at whaggerty2016@gmail.com.

NEWNAN

Dance for PD at Southern Arc Dance

Location: Newnan, GA 30265

For more information, contact Paulo Manso de Sousa at 770-683-3724 or

info@southernarcdance.org

Link to Website [here](#).

NORCROSS

PingPongParkinson® Atlanta

PingPongParkinson Atlanta is an organization that hopes to impact people with Parkinsons by allowing them to stay active by playing ping pong. During the session, players will get to connect with each other and exercise.

Location: Norcross, GA 30093 – Meeting in-person

Fee: Yes

For more information, contact Ryan Dong at 678-637-9160 or pingpongparkinsonatlanta@gmail.com

Link to website [here](#).

PEACHTREE CORNERS

Parkinson's Boxing and Movement

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Robert D. Fowler Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Peachtree Corners, GA 30092

Fee: YMCA Membership required

For more information, contact the Robert D. Fowler Family YMCA at 770-246-9622.

RINGGOLD

Rock Steady Boxing Chattanooga & North Georgia

Location: Ringgold, GA 30736

For more information, contact Kristin Schillaci at 770-490-8191 or Chattanooga@rsbaffiliate.com.

Link to Website [here](#).

ROSWELL

Singing with Parkinson's: Atlanta's FIRST Parkinson's Choir, The George Center for Music Therapy

Location: Roswell, GA 30075

For more information, contact Hannah Rhinehart at hannahr@thegeorgecenter.com

Link to Website [here](#).

SANDY SPRINGS

Parkinson's Intentional Boxing

Location: Sandy Springs, GA 30328

For more information, contact Paul Delgado at 404-539-0828 or paul@pdboxing.com.

Link to website [here](#).

LDBF Boxing for Parkinson's and Other Classes

The Center for Movement Challenges – offers boxing, physical optimization, yoga and meditation, dance, and speech, voice and brain exercises.

Location: Sandy Springs, GA 30328

Link to website [here](#).

STONE MOUNTAIN

Parkinson's Movement

Wade Walker Family YMCA offers Parkinson's classes designed for individuals at all stages of Parkinson's disease and wanting to work on cardiovascular fitness, balance, strength, and flexibility. Caregivers are required for those who need assistance.

Location: Stone Mountain, GA 30088

Fee: YMCA Membership required

For more information, contact the Wade Walker Family YMCA at 678-781-9622.

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TYRONE

Neuro Heroes - Neu-Level Therapy and Wellness Clinic

Classes include PWR! Moves Basic and Advanced, LDBF Boxing (Seated and Standing), Circuit, Drumming and Chair Exercises.

Location: Tyrone, GA - Meeting in-person

For more information, contact Dr. Paulette Lewis, MPT, DPT at 678-545-6666 or email

Plewis@neuleveltandw.com.

Link to website [here](#).

WATKINSVILLE

Oconee Neuro Health and Wellness – LSVT Big for Life®

Circuit Training Classes including aerobic activity, strength, stretch, and dual task activities.

Location: Watkinsville, GA 30677 – Meeting in-person and online

For more information, contact Kelli Dehelean, PT at 678-720-8028 or Oconeeneurohealth@yahoo.com.

ONLINE CLASSES

Ageless Grace Online

Online classes every Wednesday.

For more information, contact Sandy Bramlett or the Central Dekalb Senior Center by visiting the link to their website.

Link to Website [here](#).

Ageless Grace Online

For more information, contact Lori Trachtenberg at ltrachtenberg@bellsouth.net.

Breath and Brain Works

Speech, Voice and Brain Exercise

For more information, contact Valeria Gary at 678-861-8746 or valeria@pdspeech.com.

Link to Website [here](#).

Parkinson's Foundation PD Health @ Home Fitness Fridays

Recorded and live classes

For more information, please use this [link](#) to find an upcoming event.

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