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## Georgia Wellness Programs

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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](#).*

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

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## ALPHARETTA

### **Basic Line Dance**

*Learn line dances in a fun, community atmosphere.*

**Location:** Alpharetta, GA 30005 (two different locations – contact instructor for details).

**Fee:** No

For more information, contact Wendy Haggerty at [whaggerty2016@gmail.com](mailto:whaggerty2016@gmail.com).

Link to website [here](#)

### **Meditation**

*A guided meditation journey to heal, bring joy, and enhance health.*

**Location:** Alpharetta, GA 30005

**Fee:** No

For more information, contact Wendy Haggerty at [whaggerty2016@gmail.com](mailto:whaggerty2016@gmail.com).

Link to website [here](#)

### **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.

Link to website [here](#)

## ATLANTA

### **LDBF Boxing for Parkinson's**

**Location:** Atlanta, GA 30315

**Fee:** Yes

For more information, contact Maria Merrit at 404-477-4633.

### **PD Balance & Stability**

*Andrew and Walter Young 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:** Atlanta, GA 30311

**Fee:** YMCA Membership required

For more information, contact the Andrew and Walter Young Family YMCA at 404-523-9622.

Link to website [here](#)

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

August 2024

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### **PD Movement and PD Balance & Stability**

*Cowart Family/Ashford Dunwoody 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:** Atlanta, GA 30319

**Fee:** YMCA Membership required

For more information, contact the Cowart Family/Ashford Dunwoody YMCA at 770-451-9622.

Link to website [here](#)

### **PD Balance & Stability**

*East Lake 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:** Atlanta, GA 30317

**Fee:** YMCA Membership required

For more information, contact the East Lake Family YMCA at 404-373-6561.

Link to website [here](#)

### **PD Balance & Stability**

*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 30315

**Fee:** YMCA Membership required

For more information, contact the Villages at Carver Family YMCA at 404-635-9622.

Link to website [here](#)

## **BEECH ISLAND, SC**

### **Day One Fitness**

*Classes include Power Boxing, PWR!Moves, (FUN)ctional 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 Danielle Williams at 803-265-1699 or [info@dayonefitness.org](mailto:info@dayonefitness.org).

Link to website [here](#)

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## CANTON

### **PD 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.

Link to website [here](#)

## CUMMING

### **Knockout Parkinson's Boxing and PD 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.

Link to website [here](#)

### **Parkinson's Fab Fit & Fun**

**Location:** Cumming, GA

**Fee:** Yes

For more information, contact Wendy Haggerty at [whaggerty2016@gmail.com](mailto:whaggerty2016@gmail.com)

## DECATUR

### **Ageless Grace Brain Health**

*Ageless Grace Brain Health is an evidence-based program that nourishes the brain-body connection, stimulates neural activity, and improves flexibility and coordination while being fun and empowering.*

**Location:** Decatur, GA 30033

**Fee:** Yes

For more information, contact Sandy Bramlett at 678-576-9553 or email [swbsun@aol.com](mailto: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.

Link to website [here](#)

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## DUNWOODY

### **Fit Club**

*PWR! Moves, agility, boxing, balance, weight work, neuroplasticity, and more!*

**Location:** Dunwoody, GA 30338

**Fee:** No

For more information, contact Maureen McCord at 470-206-8563 or

[maureen@parkinsonmovement.com](mailto:maureen@parkinsonmovement.com).

Link to website [here](#)

## 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](mailto: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](mailto: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

### **Knockout Parkinson's Boxing and PD 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.

Link to website [here](#)

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## LAWRENCEVILLE

### **Parkinson's Movement and Cardio & Strength**

*J.M. 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.*

**Location:** Lawrenceville, GA 30045

**Fee:** YMCA Membership required

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

Link to website [here](#)

## 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](mailto: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](mailto:PDFit@MeOverPD.org).

Link to website [here](#)

## MARIETTA

### **PD 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.

Link to website [here](#)

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## **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**

### **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**

*Ageless Grace Brain Health is an evidence-based program that nourishes the brain-body connection, stimulates neural activity, and improves flexibility and coordination while being fun and empowering.*

**Location:** Locations throughout metro Atlanta (and online)

**Fee:** Yes

For more information, contact Sandy Bramlett at 678-576-9553 or email [swbsun@aol.com](mailto: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](mailto:kellysandt@gmail.com)

Maureen McCord: 470-206-8563 or [maureen@parkinsonmovement.com](mailto:maureen@parkinsonmovement.com)

Mark Bodnar: 404-873-3363 or [msbyoga@gmail.com](mailto:msbyoga@gmail.com)

Michael Cohen: 678-637-2462 or [mwcohen59@me.com](mailto:mwcohen59@me.com)

### **Private and Semi-Private In-Home Yoga Therapy Sessions**

*Individualized yoga therapy sessions to help you live your best life.*

**Location:** Throughout Metro Atlanta

**Fee:** Yes

For more information, please contact Wendy at [whaggerty2016@gmail.com](mailto:whaggerty2016@gmail.com).

Link to website [here](#)

## **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](mailto:info@southernarcdance.org).

Link to Website [here](#)

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### **PD Movement**

*Summit 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:** Newnan, GA 30265

**Fee:** YMCA Membership required

For more information, contact the Summit Family YMCA at 770-254-9622.

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](mailto:pingpongparkinsonatlanta@gmail.com).

Link to website [here](#)

## **PEACHTREE CORNERS**

### **Knockout Parkinson's Boxing and PD Movement**

*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.

Link to website [here](#)

## **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](mailto:Chattanooga@rsbaffiliate.com).

Link to website [here](#)



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## SANDY SPRINGS

### **Ageless Grace Brain Health**

*Ageless Grace Brain Health is an evidence-based program that nourishes the brain-body connection, stimulates neural activity, and improves flexibility and coordination while being fun and empowering.*

**Location:** Sandy Springs, GA

**Fee:** Yes

For more information, contact Sandy Bramlett at 678-576-9553 or email [swbsun@aol.com](mailto:swbsun@aol.com).

Link to website [here](#)

### **Parkinson's Intentional Boxing**

**Location:** Sandy Springs, GA 30328

For more information, contact Paul Delgado at 404-539-0828 or [paul@pdboxing.com](mailto: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, pickleball, and splatter art.*

**Fee:** Yes

**Location:** Sandy Springs, GA 30328

Link to website [here](#).

## STONE MOUNTAIN

### **PD Movement**

*Wade Walker Park 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 Park Family YMCA at 678-781-9622.

Link to website [here](#)

## TYRONE

### **Punching Out Parkinson's PD Boxing**

*LDBF Boxing (seated and standing) with integrated strengthening and PWR! Moves flexibility exercises.*

**Location:** Tyrone, GA 30290

**Fee:** Yes

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

[Plewis@neuleveltandw.com](mailto:Plewis@neuleveltandw.com).

Link to website [here](#)

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## 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](mailto:Oconeeneurohealth@yahoo.com).

## ONLINE CLASSES

### **Ageless Grace Brain Health**

*Ageless Grace Brain Health is an evidence-based program that nourishes the brain-body connection, stimulates neural activity, and improves flexibility and coordination while being fun and empowering.*

**Location:** Throughout metro Atlanta and online

**Fee:** Yes

For more information, contact Sandy Bramlett at 678-576-9553 or email [swbsun@aol.com](mailto:swbsun@aol.com).

Link to website [here](#)

### **Breath and Brain Works**

*Speech, Voice and Brain Exercise*

**Fee:** Yes

For more information, contact Valeria Gary at 678-861-8746 or [valeria@pdspeech.com](mailto:valeria@pdspeech.com).

Link to Website [here](#).

### **Parkinson's Foundation PD Health @ Home Fitness Fridays**

*Recorded and live classes*

**Fee:** No

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

### **Singing with Parkinson's**

*Virtual therapeutic community choir*

**Fee:** No

For more information, contact Perfect Harmony Health at [info@perfectharmonyhealth.com](mailto:info@perfectharmonyhealth.com).

Link to website [here](#)