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## Heartland 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. This list is not an endorsement or recommendation of a specific resource or service.*

\*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).

[Iowa](#)

[Kansas](#)

[Metro KC](#)

[Missouri](#)

[Nebraska](#)

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing [heartland@parkinson.org](mailto:heartland@parkinson.org).

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## Heartland Wellness Programs

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### IOWA

#### **Outreach Programs for Persons with Parkinson's in Iowa - Iowa State University**

*Educational programs, singing, boxing, dancing, and yoga groups available.*

**Location:** Ames, IA – Meeting in-person and online.

For more information, contact Elizabeth Stegemoller at 515-294-5966 or [esteg@iastate.edu](mailto:esteg@iastate.edu).

**Fee:** No

Link to Website [here](#).

#### **LSVT BIG and Parkinson's Wellness Recovery/PWR! Moves**

**Location:** Cedar Falls, IA 50613-Meeting in-person

For more information, contact 319-859-9343 or [therapy@westernhome.org](mailto:therapy@westernhome.org)

**Fee:** Insurance based

Link to website [here](#).

#### **\*Cedar Rapids Metro Parkinson's Association**

*Exercise and wellness classes include Moving with PD, PD Dance, ParkinSingers Vocal Exercise, and Boxing.*

**Location:** Cedar Rapids, IA 52402 – Meeting in-person and online.

For more information, contact Kris Cameron at 319-361-7673 or

[kriscameron@crmetroparkinsons.com](mailto:kriscameron@crmetroparkinsons.com)

Link to Website [here](#).

The Cedar Rapids Metro Parkinson's Association has prepared and maintains the following listing of Eastern Iowa Wellness resources for the Parkinson's community – [click here](#).

#### **Total Parkinson's, Mercy Health Fitness**

*Evidence-based exercise program empowers people with PD to live better and experience new levels of hope by optimizing function and restoring independence.*

**Location:** Clive, IA 50325 – Meeting in-person

**Fee:** Free for members. Non-members may attend by purchasing a day pass.

For more information, contact (515) 226-9622 or [mhf-memberservices@mercyhealthfitness.com](mailto:mhf-memberservices@mercyhealthfitness.com)

Link to Website [here](#).

#### **On With Life Wellness and LSVT Programs**

*Wellness programming including Boxing, Aquatics, Cognitive Fitness, and LSVT BIG/LOUD therapy.*

**Location:** Ankeny, IA 50131 - Meeting in person

For more information, contact Gail McGaughy at 515-289-9656 or

[gail.mcgaughy@onwithlife.org](mailto:gail.mcgaughy@onwithlife.org)

Link to website [here](#).

#### **On With Life LSVT BIG/LOUD Programs**

**Location:** Coralville, IA 52241 - Meeting in person

For more information, contact Paula Duve at 319-259-6224 [paula.duve@onwithlife.org](mailto:paula.duve@onwithlife.org)

Link to website [here](#).



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### **Rock Steady Boxing at Grand Living at Bridgewater**

**Location:** Coralville, IA 52241– *Meeting in-person*

For more information, contact Megan Aiyegbeni at [maiyegebeni@grandliving.com](mailto:maiyegebeni@grandliving.com) or 319-569-0102 X4008

**Fee:** Yes

Link to Website [here](#).

### **Rock Steady Boxing and Delay the Disease Classes- Senior Star Elmore**

**Location:** Davenport, IA 52807 – *Meeting in-person. (Space is limited, please call before attending.)*

For more information, contact Nichol Roberts at [nroberts@seniorstar.com](mailto:nroberts@seniorstar.com) or Ph: 563-359-0100

**Fee:** No

Link to website [here](#).

### **Bittner YMCA, Delay the Disease Training and Education**

*Exercise program focused on strength training and correcting PD-specific physical challenges to retrain the mind and body.*

**Location:** Davenport, IA 52801 – *Meeting in person Tuesday/Thursday 11:15am-12pm*

For more information, contact Dusty Mueller at [dmueller@ymcaimv.org](mailto:dmueller@ymcaimv.org) or Ph: 563-322-7171

**Fee:** Free to YMCA members.

### **Genesis Physical Therapy**

*Fun & Functional Fitness, LSVT BIG and LOUD, and SPEAK OUT*

**Location:** Davenport, IA 52804 – *Meeting in-person.*

For more information, contact Pam Glasgow at [glasgow@genesishealth.com](mailto:glasgow@genesishealth.com) or Ph: 563-421-3495

**Fee:** Yes

### **\*YMCA of Forest City Parkinson's Group Fitness Classes**

*Aqua Aerobics, Tai Chi, Pilates, Group Strength Training, music therapy, indoor walking track, and diverse cardio opportunities (cycling, rowing, ellipticals, treadmills)*

**Location:** YMCA of Forest City, IA – *Meeting in-person.*

For more information, contact Betsy Marmaras at 641-585-5220 or

[bmarmaras@forestcityymca.org](mailto:bmarmaras@forestcityymca.org)

Link to Website [here](#).

### **Tremble Clefs-Iowa, a therapeutic singing group**

*Program includes vocal exercises, breathing techniques and movement exercise for people with Parkinson's disease, their caregivers, and family members. No musical background required to join.*

**Location:** Senior Center, Iowa City, IA 52245 – *Meeting in-person Monday at 10:30am*

For more information, contact Sun Joo Lee at [sunjoo-lee@uiowa.edu](mailto:sunjoo-lee@uiowa.edu) or 480-274-3206.

**Fee:** No

### **Rock Steady Boxing Iowa City**

**Location:** Iowa City, IA 52240 - *Meeting in-person and online*



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For more information, contact Clifton Johnson at 319-244-8282 or [icorboxing@gmail.com](mailto:icorboxing@gmail.com).

**Fee:** Yes

Link to Website [here](#).

### **Rock Steady Boxing Mason City**

**Location:** Southbridge Mall, Mason City, IA – *Meeting in-person*

For more information, contact Jana Mentzer at 641-525-2601 or [mrom.rsbsmc@gmail.com](mailto:mrom.rsbsmc@gmail.com)

**Fee:** Yes

Link to Website [here](#).

### **Shenandoah Medical Center-Wellness Center**

*PWR! Moves, Boxing, Circuit, Strengthening, Aerobic Exercise, Fine Motor, and Speech/Cognition Training*

**Location:** Shenandoah, IA – *Meeting in person Monday/Tuesday/Thursday 12-1pm*

For more information, contact Anna Ruppelt, DPT, at [aruppelt@smchospital.com](mailto:aruppelt@smchospital.com) or 712-246-7049

**Fee:** Yes

Link to website [here](#).

### **Sioux Center Health - Take Control!**

*Variety of class options, including LSVT BIG & LOUD and PWR!, to help individuals manage PD, control symptoms, enhance movements, feel empowered, take control, be supported, and interact with others in an upbeat, supportive, and healing environment.*

**Location:** Sioux Center, IA 51250 – *Meeting in-person*

For more information, contact Brittney Moser at 712-722-8125 or

[Brittney.Moser@siouxcenterhealth.org](mailto:Brittney.Moser@siouxcenterhealth.org)

**Fee:** Yes

Link to website [here](#).

### **Bedell Family YMCA, Delay the Disease Training and Education**

*A fitness program designed to empower people with PD to take control of the disease with daily exercise.*

**Location:** Spirit Lake, IA 51360 – *Meeting in-person*

For more information, contact Brittney Chapman at [brittney.chapman@okobojymca.com](mailto:brittney.chapman@okobojymca.com) or 712-336-9622.

Link to website [here](#).

### **Rock Steady Parkinson's Boxing, Young Men's Christian Association of Washington**

**Location:** Washington, IA – *Meeting in-person*

For more information contact Kyla Wilkening at [fitness@washingtoney.org](mailto:fitness@washingtoney.org).

**Fee:** No

Link to website [here](#).

## KANSAS

### **Moving to Live: Beating Apathy, Parkinson's Families of Northwest Kansas Association**

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

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*PWR! Moves Fitness Therapy, Art Therapy, and Music Therapy offered.*

**Location:** Colby, KS – Meeting in-person

For more information, contact Elaine Ptacek at (785) 443-3439 or [elaine.ptacek@gmail.com](mailto:elaine.ptacek@gmail.com).

Link to website [here](#).

### **LMH Health Parkinson's Disease Fitness and Wellness Classes**

*PWR! Moves offered by Certified Instructors*

**Location:** Lawrence Sports Pavilion, Lawrence, KS – Meeting in-person

For more information, contact 785-505-5840 or [wellness4parkinsons@lmh.org](mailto:wellness4parkinsons@lmh.org)

Link to Website [here](#).

### **Meadowlark Hills**

*PD Exercise Class, Rock Steady Boxing, Tai Chi, PD Voice Classes, Creative Arts Group, Memory Class, and Art Making Group*

**Location:** Manhattan, KS – Meeting in-person and online for all except Tai Chi, Creative Arts, and Art Making.

For more information, contact Jeff Heidbreder and Michelle Haub at

[jheidreder@meadowlark.org](mailto:jheidreder@meadowlark.org) or 785-323-3899.

**Fee:** No

Link to website [here](#).

### **Athletic Training Center**

*Rock Steady Boxing*

**Location:** Junction City, KS

For more information, contact Rick Bazan at 785-579-6622 or Jeff Heidbreder or Michelle Haub at 785-323-3899 or [jheidreder@meadowlark.org](mailto:jheidreder@meadowlark.org)

**Fee:** No

### **\*Club Parkinson's**

*Offering fitness classes, mental health support, education, social events, and YOPD support.*

**Location:** Heskett Center on Wichita State University Campus, Wichita, KS- Meeting in-person

For more information, contact Connie Urbanek 316-252-1877 or [info@clubparkinsons.org](mailto:info@clubparkinsons.org).

**Fee:** Yes

Link to Website [here](#).

### **Rock Steady Boxing Wichita**

**Location:** GoTime Training, Wichita, KS – Meeting in-person.

For more information, contact Erin Carpenter at 316-500-3828 or [wichita@rsbaffiliate.com](mailto:wichita@rsbaffiliate.com)

**Fee:** Yes

Link to Website [here](#).

### **Power with Parkinson's Fitness Classes, Genesis Health Club West Central-Wichita**

**Location:** Wichita, KS 67212 – Meeting in-person

**Fee:** Yes



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For more information, contact Natira Treadwell at 316-721-6600 or [ntreadwell@genesishhealthclubs.com](mailto:ntreadwell@genesishhealthclubs.com)

## METRO KANSAS CITY (including MO and KS listings)

### **Art Therapy Program for Parkinson's Disease patients, Saint Luke's Foundation**

*Art therapy classes for people with Parkinson's, incorporating a variety of art media, including painting, clay, and collage. Classes are designed to enhance the quality of life by fostering community, boosting self-confidence, increasing emotional stability, and allowing for self-reflection and self-expression. Spouses, caregivers, or other companions are welcome to attend and participate.*

**Location:** Kansas City, MO 64111 – Meeting in-person

**Fee:** None. Art supplies and refreshments are provided.

For more information, contact Cara Davis at [ccdavis@saintlukeskc.org](mailto:ccdavis@saintlukeskc.org) or 816-932-6320

Link to Website [here](#).

### **Parkinson's Exercise & Wellness Center-Overland Park**

*Urban Poling, Rock Steady Boxing, Dance, PWRMoves!, Mat Pilates, Multiple Fitness and Balance Classes, classes for Caregivers, and the Art of Expression. Additionally, quarterly Wellness Events offered via "Live Well" series to provide speakers and community partner resources for living well with PD.*

**Location:** 3660 W 95th St., Leawood, KS 66206 - Meeting in-person and online

For more information, contact Sarrisa or Blake at 913-276-4665 or [info@thepewc.org](mailto:info@thepewc.org)

Link to website [here](#).

### **Lakeview Village Parkinsons Alliance, Lakeview Village Foundation**

*Focused on improving the lives of those with Parkinson's disease by offering many levels of programming. Program offers each client a complete assessment and recommends activity based on the individual's performance. PWR! Moves (Parkinson Wellness Recovery) classes offered Tuesday/Thursday 1-2pm*

**Location:** 9000 Park Street, Eastside Terrace Lower Level Classroom, Lenexa, KS – Meeting in-person

For more information, contact Jackie Halbin at 913-744-2410 or

[jhalbin@lakeviewvillage.org](mailto:jhalbin@lakeviewvillage.org)

**Fee:** No

Link to Website [here](#).

### **\*Mind, Body, & Spirit for Parkinson's, The Jewish Community Center of Greater Kansas City**

*Variety of exercise classes for people living with Parkinson's disease, including Rock Steady Boxing, Movement, Tai Chi, Chair Yoga, and Pedaling for Parkinson's, as well as a monthly care partner support group open to the community.*



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**Location:** Overland Park, KS – *Meeting in-person and online*

**Fee: Yes**

For more information, contact Dawn Aronoff at 913-327-8028 or [DawnA@TheJkc.org](mailto:DawnA@TheJkc.org)

Link to Website [here](#).

### **Excelsior Springs Community Center**

*Aging Effortlessly, Performance Essentials, and Chair Yoga.*

**Location:** Excelsior Springs, MO – *Meeting in-person.*

For more information, contact Nicole Davis at (816) 656-2500 or [nicoledavis@es-prcc.com](mailto:nicoledavis@es-prcc.com)

**Fee:** Yes (Community Center Membership)

Link to website [here](#).

### **Excelsior Springs Hospital – LSVT BIG**

*LSVT certified Physical and Speech Therapists improve the quality of life for individuals with PD by improving their vocal loudness, walking, self-care and other tasks by helping "recalibrate" how they perceive their movements.*

**Location:** Excelsior Springs, MO 64024 – *Meeting in-person*

**Fee:** Insurance based

For more information, contact Christy Marker at (816) 629-2772 or [cmarker@esmc.org](mailto:cmarker@esmc.org).

Link to website [here](#).

### **Parkinson's Voice Group / Reading and Conversation Group**

*KUMC Department of Hearing and Speech*

**Location:** *Meeting online – open to all KS and MO residents*

For more information or to reserve a spot, contact Laura Melo at [lmelo@kumc.edu](mailto:lmelo@kumc.edu) or 913-588-5937.

**Fee:** No

### **Driving Parkinson's, University of Kansas Medical Center**

*Services offered to rehabilitate drivers and assess fitness to drive.*

**Location:** Kansas City, KS 66160

For more information, please visit [website](#) to schedule a visit or call 913-588-5235.

### **YMCA Greater Kansas City**

*Multiple programs.*

**Location:** Multiple locations.

Link to website [here](#).

### **North Kansas City Hospital**

*Gentle Yoga, Rock Steady Boxing, Yoga for Movement Disorder, Core and Balance*

**Location:** Kansas City, MO – *Meeting in-person.*

For more information, contact Jill Sartain at 816-691-5020 or [jill.sartain@nkch.org](mailto:jill.sartain@nkch.org)

**Fee:** Yes



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### **Parkville YMCA**

*Enhance Fitness, Tai Chi, Yoga, Chair Yoga, Water Fit, Zumba Gold, Cycle, BrainSavers, Total Body Stretch, Silver Sneakers, and AOA Core*

**Location:** Parkville, MO – *Meeting in-person*

For more information, contact Kelly Hrisak at [kellyhrisak@kansascityymca.org](mailto:kellyhrisak@kansascityymca.org) or 816-505-2622

**Fee:** Yes

### **Core Balance Yoga**

*Yoga Basics.*

**Location:** Lee's Summit, MO – *Meeting in-person and online*

For more information, contact Leah Morgan at 816-213-1014 or [corebalanceyoga@gmail.com](mailto:corebalanceyoga@gmail.com)

**Fee:** Yes

Link to website [here](#).

### **Core Wellness Institute**

*General Fitness.*

**Location:** Lee's Summit, MO – *Meeting in-person and online*

For more information, contact Melanie Crawford at 816-509-1288 or [mjc.nbr@gmail.com](mailto:mjc.nbr@gmail.com)

**Fee:** Yes

### **LSVT BIG and LOUD**

*Rehab Hospital of Overland Park*

**Location:** 5100 Indian Creek Parkway, Overland Park, KS 66207 – *Outpatient therapy*

For more information, contact Ashley Mahoney, OTR/L at 913-222-4514 or

[amahoney@pamrehab.com](mailto:amahoney@pamrehab.com)

**Fee:** Accepts insurance or private pay is an option

Link to website [here](#).

### **Johnson County Rehab Parkinson's Support- LSVT and Big and Loud**

*Physical/Occupational/Speech therapy for individuals with Parkinson's Disease, including Big and Loud/LSVT*

**Location:** Overland Park, KS 66210– *Meeting in-person 2<sup>nd</sup> Wednesday each month at 4pm.*

For more information, contact Arianne Kopf at 913-372-7859 or [Akopf@johnsoncounty-rehab.com](mailto:Akopf@johnsoncounty-rehab.com)

**Fee:** No

Link to Website [here](#).

### **The Parkinson's Training Center / Rock Steady Boxing Johnson County**

*PD exercise and wellness classes, Rock Steady Boxing, and PWR! Moves for people with PD and their care partners.*

**Location:** Overland Park, KS -*Meeting in-person*

**Fee:** Yes

For more information, contact Gary Withall at 913-381-0210 or [gary.withall@jqsbf2.com](mailto:gary.withall@jqsbf2.com)

Link to Website [here](#).

## MISSOURI

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

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### Branson

#### **Parkinson's Exercise Group**

*Caregivers welcome to join.*

**Location:** Claybough Plaza Mall, Branson West, MO – *Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

#### **\* Yoga for PD**

*Caregivers welcome to join—please call to register.*

**Location:** Aldersgate Church, Nixa, MO – *Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

Link to Website [here](#).

### Columbia

#### **Human Performance Program - Rock Steady Boxing**

**Location:** Columbia, MO 65203 – *Meeting in-person*

For more information, contact 573-882-3189 or [muhumanperformance@health.missouri.edu](mailto:muhumanperformance@health.missouri.edu)

#### **Broadway Christian Church**

**Location:** Columbia, MO – *Chair Exercises meeting in-person monthly prior to Support Group Meeting at 3:30pm. Also offering "Music In Me" Parkinson's Singers, Ping-Pong, Board Games, Pickleball, and Cornhole—Call Patsy for info.*

**Fee:** No

For more information, contact Patsy Dalton at 576-356-6036 or [daltonsinc@aol.com](mailto:daltonsinc@aol.com)

Link to website [here](#).

### Lake Ozark

#### **Lake Ozark Christian Church**

*Chair Exercises.*

**Location:** Lake Ozark, MO – *Meeting in-person monthly prior to Support Group Meeting at 11:30am.*

**Fee:** No

For more information, contact Patsy Dalton at 576-356-6036 or [daltonsinc@aol.com](mailto:daltonsinc@aol.com)

Link to website [here](#).

### Springfield Area

#### **Rockin' the Rhythm**

*Dance class designed for people with PD to enhance overall movement ability, expand coordination and balance with auditory cueing, and improve brain function by stimulating the senses through rhythmic creative expression. Care partners are encouraged to attend not only*



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*as a dance partner, but to also provide motivational support for their loved one. No dance experience is necessary.*

**Location:** The Bodysmith in Springfield, MO – *Meeting in-person weekly*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#).

### **Parkinson's Yoga**

*Caregivers welcome to join.*

**Location:** King's Way Methodist Church in Springfield, MO – *Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#).

### **Parkinson's Therapy Exercise Classes**

**Location:** F8 Training in Springfield, MO – *Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#).

### **Rock Steady Boxing/Pilates**

*A physical assessment is required before starting Rock Steady Boxing or Pilates.*

**Location:** The Bodysmith in Springfield, MO – *Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#).

### **Drumming Therapy & Encore! Music Therapy**

No musical experience necessary. Caregivers welcome to join.

**Location:** Drury University, Springfield, MO—*Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#)

### **PD Speak, Swallow, & Learn**

*Caregivers welcome to join.*

**Location:** Missouri State University, Springfield, MO—*Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#)

### **LOUD for Life**

*Completion of 16 sessions of LSVT LOUD required prior to joining. Caregivers welcome to join.*

**Location:** Mercy Surgery Center, Springfield, MO—*Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No



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Link to Website [here](#)

### **Parkinson's Indoor Cycling**

**Location:** CoxHealth Meyer Center, Springfield, MO—*Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#)

### **Ping Pong for Parkinson's**

**Location:** Marshfield Senior Center, Marshfield, MO—*Meeting in-person*

For more information, contact PGO at 417-814-6067 or [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org)

**Fee:** No

Link to Website [here](#)

## St. Joseph

### **Freudenthal Center for Parkinson's Disease**

*Center for people with PD with free exercise and wellness classes.*

**Location:** St. Joseph, MO 64506 – *Meeting in-person*

For more information, contact Stephanie Stewart or Shelbe King at 816-676-8050 or [shelbe.king@freudenthalhh.com](mailto:shelbe.king@freudenthalhh.com)

**Fee:** No

Link to website [here](#).

## St. Louis

### **Exercise Programs for Individuals with Parkinson's Disease, Paraquad, Inc**

*The Stephen A. Orthwein Center is a fully accessible facility offering exercise classes, workshops, and adapted equipment to improve the quality of life for individuals with disabilities and for older adults.*

**Location:** St Louis, MO – *Meeting in-person and online*

**Fee:** None for Orthwein Center member, SilverSneakers, or RenewActive memberships. For daily drop-ins, fee is \$10.

For more information, contact Wendi Neckameyer at [wneckameyer@paraquad.org](mailto:wneckameyer@paraquad.org).

Link to Website [here](#).

### **Rock Steady Boxing STL-Fenton**

**Location:** Fenton, MO 63026 - *Meeting in person*

**Fee:** Yes

For more information, contact Dot LeGrand at (314) 283-7647 or [stlfenton@rsbaffiliate.com](mailto:stlfenton@rsbaffiliate.com)

### **Upper Limits Parkinson's Climb Nights - STL's Summit Shakers**

**Location:** Upper Limits Maryland Heights, St. Louis, MO - *Meeting in person 2nd and last Monday of each month.*

**Fee:** Yes



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For more information, contact (314) 241-7625 or [programs@upperlimits.com](mailto:programs@upperlimits.com)  
Link to website [here](#).

## Warrensburg

### **Parkinson's Voice Clinic**

*Provides voice and cognitive therapy for people with PD, including SPEAK OUT!*

**Location:** University of Central Missouri, Warrensburg, MO – *Meeting in-person and online*

For more information, contact: Brenda Dooley at 660-543-4993 or [dooley@ucmo.edu](mailto:dooley@ucmo.edu)

**Fee:** No

Link to website [here](#).

## NEBRASKA

### Kearney

#### **Kearney Family YMCA**

*Offering Rock Steady Boxing (Mon/Fri 11am) and Brain, Body, & Beyond (Tue/Thur 11am)*

**Location:** Kearney Family YMCA, Kearney, NE – Meeting in-person

For more information, contact Anne Johnson 308-237-9622 at [ymcakearney@kearneyymca.org](mailto:ymcakearney@kearneyymca.org).

**Fee:** Yes

Link to website [here](#).

#### **Up Ending Parkinson's - Rock Climbing for people with Parkinson's**

*Open to the Parkinson's Community and their families.*

**Location:** University of Nebraska, Campus Recreation Center, Kearney, NE – *Meeting in-person*  
*Tuesdays 10-11am*

**Fee:** No

For more information, contact Dominic Johns at 308-865-1549 or [johnsd@unk.edu](mailto:johnsd@unk.edu)

Link to website [here](#).

### Lincoln

#### **LSVT BIG**

*LSVT BIG is a specialized therapy program designed to help people with PD improve their mobility, balance, and overall quality of life. Program is 4 weeks long consisting of 16 sessions total.*

**Location:** The Lymphedema Clinic, Lincoln, NE – *Meeting in-person*

For more information, contact Emily Franssen at 402-904-4474 or [emily@llothebraska.com](mailto:emily@llothebraska.com)

**Fee:** Yes

Link to website [here](#).

#### **Aging Partners**

*Exercise programs including Dance for Life, QiGong, Tai Chi for Arthritis and Fall Prevention, Chair Yoga, and Strong Bodies strength training class.*



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**Location:** Offered in-person at several sites around Lincoln. Additional online exercise programs available on [YouTube](#).

For more information, contact Aging Partners: 402-441-7575 or [agingpartners@lincoln.ne.gov](mailto:agingpartners@lincoln.ne.gov)

**Fee:** Suggested contribution \$4/week for 60+, \$5 required fee if <60.

Link to website [here](#).

### **Rock Steady Boxing - Bryan LifePointe**

*Exercise class to increase power, strength, flexibility, speed, and balance. Multiple levels and times available throughout the week.*

**Location:** Bryan LifePoint Campus, Lincoln, NE – Meeting in-person

For more information, contact Nicole Morton at 402-481-6374 or

[Nicole.morton@bryanhealth.org](mailto:Nicole.morton@bryanhealth.org)

**Fee:** Yes

Link to website [here](#).

### **Fitness Counts: A Special Class for Those with Parkinson's, Multiple Sclerosis, and Stroke**

*Strength training class for those with neuromuscular conditions.*

**Location:** Bryan LifePoint Campus, Lincoln, NE – Meeting in-person

For more information, contact Nicole Morton at 402-481-6374 or

[Nicole.morton@bryanhealth.org](mailto:Nicole.morton@bryanhealth.org)

**Fee:** Yes

Link to website [here](#).

### **Dance for Parkinson's: A Class Taught in the Internationally Acclaimed Dance for PD® Method**

*A movement class for people with Parkinson's and their caregivers, spouses, or partners. All levels of mobility welcome. No dance experience necessary.*

**Location:** Nebraska Ballet Theater & School, Lincoln, NE - Meeting in-person

For more information, contact Ruth Davidson Hahn (402) 540-1242 or [ruth@rdhdance.org](mailto:ruth@rdhdance.org)

**Fee:** Yes

Link to website [here](#).

### **Madonna Wellness Club (formerly, Madonna ProActive)**

*LSVT BIG, Tai Chi, Chair Yoga, Delay the Disease, Pro-Balance*

**Location:** Madonna Wellness Club, Lincoln, NE – Meeting in-person and online

For more information, contact 402-420-0000 or [czedicher@madonna.org](mailto:czedicher@madonna.org)

**Fee:** Depends on Program

Link to website [here](#).

### **Parkinson's Workout Group (Yankee Hill)**

*General strengthening, balance, and conditioning for people with Parkinson's*

**Location:** CHI Health: GO PT, 4055 Yankee Hill Road, Lincoln, NE 68516 Suite 102 – Meeting in-person on Thursday and Meeting online via Zoom on Tuesday

For more information, contact Hanna Graham at 402-434-5895 or [hgraham@gopt.us](mailto:hgraham@gopt.us)

**Fee:** \$30/month



## Heartland 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.

### South Sioux City

#### **Delay the Disease**

*Delay the Disease (DTD) is a twice-weekly fitness program designed to empower people with PD by optimizing physical function and helping delay the progression of symptoms.*

**Location:** Norm Waitt Sr. YMCA, South Sioux City, NE 68776 – Meeting in-person

For more information, contact LaNay Larson [llarson@nwsymca.org](mailto:llarson@nwsymca.org) or Bianca Garcia [bgarcia@nwsymca.org](mailto:bgarcia@nwsymca.org) at 402-404-8439

**Fee:** Yes

Link to website [here](#).

### Waterloo

#### **Heartland Neurological Therapy and Wellness Center**

*Parkinson's-specific classes including Boxing, Flexibility/Yoga, Dance for PD, PWR! Moves, and Strengthening, as well as LSVT BIG and LOUD, SPEAK OUT!, and DualTask Training.*

**Location:** 2546 River Road Drive Building C, Waterloo, NE – Meeting in-person and online

For more information, contact Cheri Prince at [cprince@heartlandneurological.com](mailto:cprince@heartlandneurological.com) or 531-444-8945.

**Fee:** Yes

Link to website [here](#).