



Heartland 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. 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.

March 2024



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IOWA

***Tele-Dyadic-Tai Chi program for people with mild to moderate Parkinson disease, Allen College (Updated 8/23)**

The Tele-Tai Chi (Tele-TC) program is purposed to involve both the person with PD and his/her caregiver as a dyad to participate in this free interactive virtual TC program. The program will also invite healthcare professionals to give a PD-related talk on the last Thursday of each month, encourage participants to watch PD-related expert briefing webinars which are saved as a list that can be watched via YouTube.

Location: Waterloo, IA – Meeting online

Fee: None

For more information, contact Hao Liu at howe.liu@unthsc.edu.

Link to Website [here](#).

Outreach Programs for Persons with PD in Rural Areas - Iowa State University Foundation

Iowa State University is offering several programs for persons with Parkinson's disease this Fall and Winter: "A Journey through Parkinson's Disease", educational programs, singing, boxing, dancing, and yoga groups available.

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

Fee: No

For more information, contact Elizabeth Stegemoller at 515-294-5966 or esteg@iastate.edu.

Link to Website [here](#).

LSVT BIG (Updated 5/23)

Location: Cedar Falls, IA 50613

For more information, contact 319-859-9343 or therapy@westernhome.org

Fee: Insurance based

Link to website [here](#).

Cedar Rapids Metro Parkinson's Association

Support groups, exercise and wellness. Classes include Movement with PD, Walk Balance and Stretch, Chair Yoga for PD, PD Dance, and ParkinSingers Vocal Exercise.

Location: Cedar Rapids, IA 52404 – Meeting in-person and online.

For more information, contact Kris Cameron at 319-361-7673 or 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](#).



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Total Parkinson's, Mercy Health Fitness (Updated 8/23)

Total Parkinson's, a Total Healthworks program, is an evidenced-based wellness program developed by Jackie Russell and David Zid (formerly with Delay the Disease). This exercise program empowers people with Parkinson's disease to live better, 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.

Link to Website [here](#).

On With Life LSVT Program

An outpatient neurorehabilitation clinic that offers PT, OT, SLP, and counseling services. They treat individuals with Parkinson's Disease and other neurological conditions.

Location: Coralville, IA 52241 - Meeting in person

For more information, contact Paula Duve at 319-259-6224 paula.duve@onwithlife.org

Link to website [here](#).

Rock Steady Boxing at Grand Living at Bridgewater (Updated 9/23)

Location: Coralville, IA 52241– Meeting in-person

For more information, contact Shawna Klein at sklein@grandliving.com or Ph: (319) 569-0102 x4008

Fee: Yes

Link to Website [here](#).

Rock Steady Boxing and Delay the Disease Classes- Senior Star

Elmore (Updated 9/23)

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

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

Fee: No

Link to website [here](#).

Bittner YMCA, Delay the Disease Training and Education (Updated 9/23)

Exercise program for Parkinson's patients focused on strength training and correcting disease-specific physical challenges to retrain the mind and body.

Location: Davenport, IA 52801 – Meeting in person

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

Fee: Free to YMCA members.



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Genesis Physical Therapy (Updated 9/23)

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@genesishhealth.com or Ph: 563-421-3495

Fee: Yes

Tremble Clefs-Iowa, a therapeutic singing group (Updated 9/23)

Weekly in-person program includes vocal exercises, breathing techniques and movement exercise for people with Parkinson's disease, their caregivers, and their family members. No musical background required to join.

Location: Iowa City, IA 52245

For more information, contact Sun Joo Lee at sunjoo-lee@uiowa.edu or 480-274-3206.

Rock Steady Boxing Iowa City

Location: Iowa City, IA 52240 - Meeting in person

Fee: Yes

For more information, contact Emily Klinefelter at 319-244-8282 or

icorboxing@gmail.com.

Link to Website [here](#).

Rock Steady Boxing for Low-Income Seniors with Parkinson's Disease, Iowa City Coralville Boxing Club Inc.

Location: Iowa City, IA

For more information, contact Clifton Johnson at icorboxing@gmail.com.

Link to Website [here](#).

Shenandoah Medical Center-Wellness Center (Updated 2/24)

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 or 712-246-7049

Fee: Yes

Sioux Center Health - Take Control! (Updated 3/24)

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



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Fee: Yes

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 Janicek at brittney.janicek@okoboijymca.com or 712-336-9622.

Link to website [here](#).

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

Location: Washington, IA

For more information contact Teri Hartzler at thartzler@washingtonty.org.

Link to website [here](#).

LOUD Crowd Group Program - Group Speech Therapy for People with *Parkinson's* *(Updated 5/23)*

Location: *Meeting online*

For more information, contact Kate Chilcote at 319-202-4739 or katharine.chilcote@westernhome.org

Fee: No

Link to website [here](#).

KANSAS

Abilene Physical Therapy and Sports Rehab *(Updated 5/23)*

Location: Abilene, KS

For more information, contact Tonya Mills 785-263-3646.

Link to Website [here](#).

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

Location: Colby, KS

For more information, contact Elaine Ptacek at elaine.ptacek@gmail.com.

Link to website [here](#).

Sports Pavilion Lawrence, Lawrence Memorial Hospital Therapy

PWR! And various movement exercises.

Location: Lawrence, KS

For more information, contact 785-505-5840 or wellness4parkinsons@lmh.org



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Link to Website [here](#).

Meadowlark Hills

PD Exercise Class, Rock Steady Boxing and PD Voice Classes. Also: Rock Steady Boxing Meadowlark at Junction City

Location: Manhattan, KS

For more information, contact Jeff Heidbreder and Michelle Haub at 785-323-3899.

Link to website [here](#).

Rock Steady Boxing Pittsburg

Location: Pittsburg, KS

For more information, contact Jeni and Rich White at 620-704-9591.

Club Parkinson's (Updated 1/24)

Fitness, education, wellness, and support classes for people with Parkinson's and caregivers.

Location: Wichita State University, Wichita, KS

For more information, contact Connie Urbanek 316-252-1877 or

info@clubparkinsons.org.

Fee: Yes

Rock Steady Boxing Wichita

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

For more information, contact Erin Carpenter at 316-500-3828 or

wichita@rsbaffiliate.com

Fee: Yes

Power with Parkinson's Fitness Classes, Genesis Health Cub West Central-Wichita (Updated 5/23)

Location: Wichita, KS 67212

Fee: Yes

For more information, contact Natira Treadwell at 316-670-6659 or

ntreadwell@genesishealthclubs.com

METRO KANSAS CITY (including MO, KS listings)

***Art Therapy Program for Parkinson's Disease patients, Saint Luke's Foundation** (Updated 8/23)

Saint Luke's Marion Bloch Neuroscience Institute, through support from the Parkinson's Foundation, offers art therapy classes specially designed for people with Parkinson's. These classes will incorporate a variety of art media, including painting, clay, and collage, and are designed to enhance the quality of life for PD patients by fostering community, boosting self-



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confidence, increasing emotional stability, and allowing for both self-reflection and self-expression. Classes are taught by Kaley Wajcman, a board certified registered art therapist. Classes are free of charge, and art supplies and refreshments are provided. Spouses, caregivers, or other companions are welcome to attend and participate.

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

Fee: None

For more information, contact Daniel Malanowski at dmalanowski@saint-lukes.org or (816) 932-5100.

Link to Website [here](#).

***Bringing Parkinson's Disease Resources & PD-Specific Exercise to Kansas City, KS, The Parkinson's Exercise and Wellness Center (Updated 8/23)**

Rock Steady Boxing, Kansas City, KS (RSB KCK) is a Parkinson's-dedicated 501(c)(3) nonprofit gym providing educational programs and exercise classes to people with PD living in Wyandotte County, KS. As an extension of the Parkinson's Exercise & Wellness Center in Overland Park, KS, this affiliate aims to provide resources and raise awareness of Parkinson's Disease in Kansas City, KS. Further, the RSB KCK program will provide several weekly Rock Steady Boxing classes. The program will also provide the first Spanish-language Parkinson's exercise program in the area.

Location: Kansas City, KS

Fee: \$75 per month, scholarships available

For more information, contact Sarrisa Curry at scurry@thepewc.org.

Link to Website [here](#).

Parkinson's Exercise & Wellness Center-Overland Park

Urban Poling, Rock Steady Boxing, Dance, Mat Pilates, Multiple Fitness and Balance Classes, classes for Caregivers, and the Art of Expression.

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

For more information, contact Sarrisa Curry at 913-276-4665 or info@thepewc.org

Link to website [here](#).

***Lakeview Village Parkinsons Alliance, Lakeview Village Foundation (Updated 11/23)**

Our goal is to create a "one stop shop" for all levels of those with Parkinson's disease. Lakeview Village Parkinson's Alliance partnership between Lakeview Village, Parkinson's clients, and caregivers focuses on improving the lives of those with Parkinson's disease. Lakeview Village Parkinson's Alliance offers many levels of programming because one size does not fit all. Exercise is medicine and having a team to motivate, assess, goal set and foster a positive environment is key to consistency and consistency is a key component of treatment for those tackling Parkinson's disease. Program offers each client a complete assessment and recommends activity based on



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the individual's performance. PWR! Moves (Parkinson Wellness Recovery) classes offered Monday/Wednesday/Friday 1-2pm

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

Fee: No

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

jhalbin@lakeviewvillage.org

Link to Website [here](#).

***Movement Improvement: Motor & Non-Motor Movement Program, Turning Point; The Center for Hope, a KU Community Resource** (Updated 8/23)

Join Turning Point for bi-weekly 60-minute virtual exercise and T'ai Chi wellness sessions to learn how to strengthen and protect the movements that underly everyday life for persons with Parkinson's disease. Movement Improvement participants will use several evidence-supported exercise practices to maintain and increase motor control skills, build strength, increase balance, and improve coordination. Alongside physical exercise, Turning Point facilitators include opportunities to engage and strengthen mental and emotional health, incorporating techniques to enhance resilience and quality of life. Movement Improvement skills can be taken out of the classroom and into your daily lives through sports, hobbies, and with others. Movement Improvement classes are free and offered twice weekly from June 2023 – July 2024. Yoga and Movement options also offered.

Location: Leawood, KS – Meeting online

Fee: None

For more information, contact Jill VonFange at jvonfange@kumc.edu or (913) 574-0900.

Link to Website [here](#).

***Movement for People with Parkinson's, The Jewish Community Center of Greater Kansas City** (Updated 8/23)

Parkinson's Programming at the J offers a variety exercise classes for people living with Parkinson's disease, including Rock Steady Boxing, Movement, Tai Chi, Chair Yoga, Water Aerobics. Intense exercise has been proven to help decrease and delay the symptoms associated with Parkinson's disease. Rock Steady Boxing offered at three different intensity levels to serve a wide range of boxers of all abilities. Pedaling for Parkinson's offered during evenings and weekends so those working can attend an exercise program that offers intensity.

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

Fee: Yes

For more information, contact Dawn Aronoff at 913-327-8081 or DawnA@TheJkc.org

Link to Website [here](#).



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Excelsior Springs Community Center

Mind, Body and Balance, Restorative Yoga/Chair Yoga

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

For more information, contact Alexandria Arnold at (816) 656-2500 or alexandriaarnold@es-prcc.com

Fee: Yes (Community Center Membership)

Link to website [here](#).

Excelsior Springs Hospital – LSVT BIG and LOUD

LSVT certified Physical and Speech Therapists that 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 with what others actually see. Detailed program information: <https://www.lsvtglobal.com/>

Location: Excelsior Springs, MO 64024 – *Meeting in-person (LOUD sometimes offered online)*

Fee: Insurance based

For more information, contact Shannan Conner at (816) 629-2772 or ssanderford@esmc.org.

Fee: No – Insurance Based

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**

To reserve a spot, contact Laura Melo at lmelo@kumc.edu or 913-588-5937.

Questions about the group can be sent to Melanie Somogie at MSomogie@kumc.edu.

Driving Parkinson's, University of Kansas Medical Center

We aim to rehabilitate drivers and assess fitness to drive.

Location: Kansas City, KS 66160

For more information, please visit [website](#) to schedule a visit.

YMCA Greater Kansas City

Multiple programs.

Location: Multiple locations.

Link to website [here](#).

Function Forward Physical Therapy LLC

Mobile physical therapy and wellness in the metro KC area provided by a board certified neurologic clinical specialist. PWR! Moves (Parkinson Wellness Recovery) Certified Therapist.

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



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Fee: Yes

For more information, contact Lauren Abelson PT, DPT, NCS at 816-200-2838 or lauren@functionforwardpt.com

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

Rehab Without Walls NeuroSolutions

Provides structured LSVT BIG program for people with Parkinson's to improve functional mobility, balance, and safety in their daily lives.

Location: North Kansas City, MO 64116 - *Meeting in person*

For more information, contact Frank Messina at 816-321-0311 or

frank.messina@rehabwithoutwalls.com

Link to website [here](#).

Core Balance Yoga

Yoga Basics.

Location: Lee's Summit, MO

For more information, contact Leah Morgan at 816-213-1014 or

corebalanceyoga@gmail.com

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

Fee: Yes

Community choir and online music-based resources for people with Parkinson's and their caregivers, CCRC of Lenexa

Location: Lenexa, KS

For more information, contact Judy Baxter at

judy.baxter@westchestervillagelenexa.com or Clayton Frans at

clayton.frans@westchestervillagelenexa.com.

Link to website [here](#).

LSVT BIG and LOUD

Rehab Hospital of Overland Park

Location: Overland Park, KS 66207 – *Meeting in-person and online.*



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For more information, contact Ashley Mahoney, OTR/L at 913-222-4514 or amahoney@pamrehab.com

Johnson County Rehab Parkinson's Support- LSVT and Big and Loud (Updated 2/24)

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

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

For more information, contact Arianne Kopf at 913-372-7859 or Akopf@johnsoncounty-rehab.com

Fee: No

Link to Website [here](#).

The Parkinson's Training Center / Rock Steady Boxing Johnson County (Updated 11/23)

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

Location: Overland Park, KS

Fee: Yes

For more information, contact Gary Withall at 913-381-0210 or gary.withall@jqsbf2.com

Link to Website [here](#).

Brookdale Shawnee

Movers and Shakers.

Location: Shawnee, KS – *Meeting in-person.*

For more information, contact Julie Robinson at 913-248-1500 or jrobinson74@brookdale.com

Fee: No

Link to Website [here](#).

MISSOURI

Branson

Parkinson's Yoga and Exercise Group (Updated 10/23)

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

Link to Website [here](#).



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Columbia

Human Performance Program - Rock Steady Boxing (Updated 2/24)

Location: Columbia, MO 65203

For more information, contact 573-882-3189 or

mhumanperformance@health.missouri.edu

Lenoir Community Center

Chair Exercises.

Location: Columbia, MO

For more information, contact Patsy Dalton at 576-356-6036

Lake Ozark

Lake Ozark Christian Church

Chair Exercises.

Location: Lake Ozark, MO

For more information, contact Patsy Dalton at 576-356-6036.

Springfield

***Rockin' the Rhythm** (Updated 10/23)

Parkinson's Group of the Ozarks (PGO), a nonprofit organization based out of Springfield, Missouri, has partnered with The Bodysmith, to offer Rockin' the Rhythm to Parkinson's families in the Ozarks. Rockin' the Rhythm consists of a weekly, on-going dance class designed to enhance overall movement ability, expand coordination and balance with auditory cueing, and improve brain function by stimulating the senses through rhythmic creative expression for people diagnosed with Parkinson's disease. Care partners are encouraged to attend not only 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.*

Fee: None

For more information, contact PGO at 417-814-6067 or info@parkinsonsgroup.org

Link to Website [here](#).

Parkinson's Yoga (Updated 10/23)

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

Link to Website [here](#).

Parkinson's Therapy Exercise Classes (Updated 10/23)

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



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For more information, contact PGO at 417-814-6067 or info@parkinsonsgroup.org
Link to Website [here](#).

Rock Steady Boxing/Pilates (Updated 10/23)

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

Link to Website [here](#).

Drumming Therapy & Encore! Music Therapy (Updated 10/23)

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

Link to Website [here](#)

St. Joseph

Freudenthal Center for Parkinson's Disease (Updated 1/24)

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

Fee: No

Link to website [here](#).

St. Louis

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

(Updated 8/23)

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. Our highly trained staff have developed exercise programs and group classes tailored to benefit the needs of individuals with Parkinson's Disease. Our goal is to increase the health outcomes and quality of life for low-income adults in the St. Louis area living with Parkinson's Disease through gym membership scholarships to the Orthwein Center. We will also extend our outreach to area physicians and therapists who diagnose and treat individuals with PD to emphasize the benefits and accessibility of the Orthwein Center programs.

Location: St Louis, MO – Meeting in-person

Fee: None

For more information, contact Wendi Neckameyer at wneckameyer@paraquad.org.

Link to Website [here](#).



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Rock Steady Boxing STL-Fenton (Updated 6/24)

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

Fee: Yes

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

Warrensburg

Free Parkinson's Voice Clinic

University of Central Missouri

Location: Warrensburg, MO – *Meeting in-person and online.*

For more information, contact: Dr. Bonnie Slavych or Brenda Dooley at 660-543-4993.

Link to website [here](#).

NEBRASKA

Kearney

Continued Growing the Delay the Disease program at the Kearney Family YMCA

Location: Kearney, NE

For more information, contact Anne Johnson at ymcakearney@kearneyymca.org.

Lincoln

LSVT BIG (Updated 11/23)

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

Location: The Lymphedema Clinic – *Meeting in-person.*

Fee: Yes

For more information, contact Emily Franssen at 402-904-4474 or emily@llothebraska.com

Link to Website [here](#).

Aging Partners

Various programs (including but not limited to Chair Tai Chi, Yoga, Dynamic Movement, Movement and Music) are offered at several sites around Lincoln. For complete information, contact Aging Partners: 402-441-7070

Rock Steady Boxing - Bryan LifePointe (Updated 1/24)



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Exercise class for individuals with Parkinson's, developed to increase power, strength, flexibility, speed and balance. Multiple levels and times available throughout the week.

Location: Bryan LifePoint Campus, Lincoln, NE

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

Nicole.morton@bryanhealth.org

Fee: Yes

Link to website [here](#).

Fitness Counts: A Special Class for Those with Parkinson's, Multiple Sclerosis, and Stroke (Updated 1/24)

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

Fee: Yes

Dance for Parkinson's

Location: Nebraska Ballet Theater and School

For more information, contact (402) 540-1242.

Link to website [here](#).

Delay the Disease: A Special Class for Those with Parkinson's

Location: YMCA (most branch locations)

For more information, contact Melissa Walker at 402-323-6432.

Madonna ProActive

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

Location: Madonna ProActive – Meeting in-person and online.

For more information, contact 402-420-0000 or czesdicher@madonna.org

Fee: Depends on Program

Parkinson's Workout Group (Southwest)

General strengthening, and conditioning for people with Parkinson's

Location: Meeting online

For more information, contact Hanna Graham at 402-434-5895 or

hgraham@stetherapy.com

Fee: \$30/month

Rock Steady Boxing

Location: Air Park Recreation Center – Meeting in-person.

For more information, contact 402-441-7876 or lincoln@rsbaffiliate.com

Fee: Yes

Link to website [here](#).



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Omaha

Bellevue Parkinson's Education and Outreach Group - Nebraska Medicine, Nebraska Medical Center

Location: Omaha, NE

For more information, contact Lauren Kesteloot at lakesteloot@nebraskamed.com.

Link to website [here](#).

Parkinson's Nebraska - Play, Move, and Create Workshop Series

Location: Omaha, NE

For more information, contact Emmy Smith at emmy@parkinsonsnebraska.org.

Link to website [here](#).

PDWELL Online Programs

Weekday Online Support Group and Live Exercise Classes

Location: Waterloo & Elkhorn, NE – Meeting online

For more information, contact Cheri Prince at cheprince@ensignservices.net.

Link to website [here](#).

South Sioux City

Delay the Disease

Delay the Disease (DTD) is a twice-weekly fitness program designed to empower people with Parkinson's Disease. Goal is to optimize your physical function and help delay the progression of symptoms.

Location: South Sioux City, NE 68776 – Meeting in-person.

For more information, contact Dawn Welch at 402-404-8439

Fee: Yes

Link to website [here](#).

Delay the Disease Expansion, Parkinson's Support Group and Care Giver Workshops

Location: Norm Waitt Sr. YMCA | South Sioux City, NE

For more information, contact Jacque Perez at jperez@nwsymca.org.

Link to website [here](#).

Waterloo

Coping and Winning, Heartland Neurological Therapy and Wellness Center

Location: Waterloo, NE

For more information contact Amy Renken at amysrenken@gmail.com.

Link to website [here](#).