



## Indiana Wellness Programs by City

*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.*

<p><a href="#"><u>Bloomington</u></a> <a href="#"><u>Brownsburg</u></a> <a href="#"><u>Evansville</u></a> <a href="#"><u>Fort Wayne</u></a> <a href="#"><u>Fishers</u></a> <a href="#"><u>Greenwood</u></a> <a href="#"><u>Indianapolis</u></a> <a href="#"><u>Lebanon</u></a></p>	<p><a href="#"><u>Munster</u></a> <a href="#"><u>New Albany</u></a> <a href="#"><u>Noblesville</u></a> <a href="#"><u>Vincennes</u></a> <a href="#"><u>West Lafayette</u></a> <a href="#"><u>Zionsville</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 [Midwest@parkinson.org](mailto:Midwest@parkinson.org).

September 2022



## Indiana Local Wellness Groups

*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.*

### BLOOMINGTON

#### **IU Health**

*Rock Steady Boxing Bloomington*

**Location:** Bloomington, IN 47403

For more information contact, MJ Bertrand- 812-353-5664, [iuhb@rsbaffiliate.com](mailto:iuhb@rsbaffiliate.com)

#### **Parkinson's Wellness Center**

*Serving people diagnosed with PD, at beginning & moderate levels with vibrant classes & support groups. Offers multiple exercises, activities, education, resources, and hope for stronger bodies & minds.*

**Location:** Bloomington, IN 47404 – Meeting online

For more information contact, Carolyn Utesch at 260-710-4932 or

[carolyn@parkinsonswellnesscenter.com](mailto:carolyn@parkinsonswellnesscenter.com).

Link to Website [here](#).

### BROWNSBURG

#### **Rock Steady Boxing of Brownsburg**

*Rock Steady Boxing fitness program for persons with Parkinson's*

**Location:** Brownsburg, IN 46112- Meeting in-person

**Fee:** Yes

For more information contact, Nicole Ross at 317-939-0166 or

[brownsburg@rsbaffiliate.com](mailto:brownsburg@rsbaffiliate.com).

### EVANSVILLE

#### **Pedaling for Parkinson's**

*Pedaling for Parkinson's is a 1 hour cycling class focusing on maintaining a consistent RPM and improving endurance. Classes offered at the Ascension St Vincent YMCA and Dunigan Family YMCA.*

**Location:** Evansville, IN 47708 - Meeting in-person.

**Fee:** Yes

For more information, contact Meghan Craven at 812-492-6710 or

[craven@ymcaswin.org](mailto:craven@ymcaswin.org).

Link to website [here](#).



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#### **Ascension St Vincent YMCA**

*Rock Steady Boxing Evansville*

**Location:** Evansville, IN 47708 – *Meeting in-person.*

**Fee:** Yes

For more information contact, Meghan Craven- 812-492-6710,

[rocksteady@ymcaswin.org](mailto:rocksteady@ymcaswin.org) or [craven@ymcaswin.org](mailto:craven@ymcaswin.org).

Link to Website [here](#).

#### **FISHERS**

##### **iCLIMB**

*iCLIMB is a subscription-based exercise program focused on improving the quality of life for those with Parkinson's disease.*

**Location:** Fishers, IN 46038 – *Meeting in-person and online*

**Fee:** Yes

For more information contact, Addie Cunningham at 317-690-0315 or

[addie@indianaparkinson.org](mailto:addie@indianaparkinson.org).

Link to Website [here](#).

#### **FORT WAYNE**

##### **Turnstone Center**

*Ft. Wayne Exercise & Speech Therapy Classes*

**Location:** Ft. Wayne, IN 46805

For more information contact, Dan & Ruby Spangler, 260-486-4893

[dspangl16@frontier.com](mailto:dspangl16@frontier.com).

##### **Lutheran Life Villages** *(updated October 2023)*

*Rock Steady Boxing Ft. Wayne*

**Location:** Fort Wayne, Indiana 46816 – *Meeting in-person*

**Fee:** Yes

For more information contact, Maizy King at (260) 447-0800 x2239 or

[aking@lutheranlifevillages.org](mailto:aking@lutheranlifevillages.org).

Link to Website [here](#).

#### **GREENWOOD**

##### **Mount Pleasant Christian Church, Community Life Center**

*The Climb South Parkinson's Exercise*

**Location:** Greenwood, IN 46142

For more information contact, Penny Clayton, 317- 881-6778,

[pclayton@mpccministry.com](mailto:pclayton@mpccministry.com).

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

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#### **The Social of Greenwood**

*Rock Steady Boxing at the Social*

**Location:** Greenwood, IN 46143- Meeting in-person

For more information contact, Andrea Sutherland-317 882-4810,  
[greenwood@rsbaffiliate.com](mailto:greenwood@rsbaffiliate.com).

## **INDIANAPOLIS**

#### **Morningside of College Park**

*Chair Exercise class*

**Location:** Indianapolis, IN 46268

For more information contact, 317.961.7256

#### **Westminster Village North**

*Physical Therapy Class*

**Location:** Indianapolis, IN 46236

For more information contact, Dave Bird, 317.823.6841,  
[jbrewer@westminstervillage.com](mailto:jbrewer@westminstervillage.com).

#### **Rock Steady Boxing Gym & Parkinson's Center**

*Rock Steady Boxing Headquarters*

**Location:** Indianapolis, IN 46250

For more information contact, 317-205-9198, [hqgym@rocksteadyboxing.org](mailto:hqgym@rocksteadyboxing.org).

#### **Rock Steady Boxing, Indianapolis Healthplex** *(updated May 2024)*

*The Indianapolis Healthplex offers 2 Rock Steady Boxing classes per week and provide a mixed style of class, but require registrants to go through the proper channels (Physician referral, intake process, etc.) before being placed in a class at the Healthplex.*

**Location:** Indianapolis, IN 46250 – Meeting in-person

**Fee:** Free for members or \$65/month for unlimited classes.

For more information contact Todd Watkins, Program Director, Indianapolis Healthplex, at [twatkins@indianapolishealthplex.com](mailto:twatkins@indianapolishealthplex.com) or (317) 920-7400 ext. 1020.

Link to Website [here](#).

#### **Jewish Community Center**

*Rock Steady Boxing*

**Location:** Indianapolis, IN 46260

For more information contact, 317-261-3378

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#### **Indianapolis at The Body Zone at Community Hospital**

*Tai Chi for Everyday*

**Location:** Indianapolis, IN 46250

For more information contact, Micah Willhite, 317-621-1635,  
[mwillhite@ecomunity.com](mailto:mwillhite@ecomunity.com).

#### **Westside Garden Plaza**

*PD Support Group*

**Location:** Indianapolis, IN 46234

For more information contact, Terri Click at 317-209-2321 or [trclick@centurypa.com](mailto:trclick@centurypa.com).

## **LEBANON**

#### **Witham Wellness Center**

*Care Partners Support Group*

**Location:** Lebanon, Indiana 46052

For more information contact, 765-485-8126.

## **MUNSTER**

#### **Community Hospital – Physical Therapy Department**

*Care Partners Support Group*

**Location:** Munster, IN 46321

For more information contact, Priscilla Mulesa at 219-836-3477

## **NEW ALBANY**

#### **Southern Indiana Rehabilitation Hospital** *(updated July 2023)*

*An acute physical rehabilitation hospital with both inpatient and outpatient PT, OT and Speech. They are CARF certified in Brain Injury, Stroke and Complex Medical rehab.*

**Location:** New Albany, IN 47150 – Meeting in-person

**Fee:** No

For more information contact Kelly Brewer at (812) 941-6281 or  
<https://vrhsouthernindiana.com>.

## **NOBLESVILLE**

#### **Noblesville Climb**

*The Climb North*

**Location:** Noblesville, IN 46060

For more information contact, Jada at 317-550-5648, [jada@indianaparkinson.org](mailto:jada@indianaparkinson.org).

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#### **Indiana Parkinson Foundation**

**Location:** Noblesville, IN

For more information, Contact: Addie Cunningham at [addie@indianaparkinson.org](mailto:addie@indianaparkinson.org).

Link to website [here](#).

## **VINCENNES**

### **Power Through Parkinson's**

*LSVT BIG, PWR Moves*

**Location:** Vincennes, IN – 47591 – *Meeting in-person.*

**Fee:** No

For more information contact, Joy S Uy at 812-830-0668 or [joypt\\_aa@yahoo.com](mailto:joypt_aa@yahoo.com)

## **ZIONSVILLE**

### **Yoga-Zionsville Peace Through Yoga**

*Care Partners Support Group*

**Location:** Zionsville, IN, 46077

For more information contact, 317-679-1168