



New Mexico 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.

[Albuquerque](#)

[Farmington](#)

[Santa Fe](#)

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 southwest@parkinson.org.

May 2024



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.

Albuquerque

Project to Improve and Expand Albuquerque Metro Support Groups, Parkinson's Connection of Central NM

Location: Albuquerque, NM

For more information contact Cindy Brown at cbrown@homeinsteadnm.com.

Link to website [here](#).

Farmington

Parkinson's Group of Farmington (updated May 2023)

We have a robust support and exercise group in Farmington, NM and serve the tri-city area of Farmington, Aztec and Bloomfield. We welcome anyone with a movement disorder. Support group is the first Monday of each month and ex. classes twice a week.

Location: Farmington, New Mexico 87402 – Meeting in-person

Fee: No

For more information contact Wendy Bircher at (505) 803-5636 or wdbircher@gmail.com.

SANTA FE

Punching Out Parkinson's Santa Fe (updated April 2023)

We offer Parkinson's-specific classes such Rock Steady Boxing and PWR!Moves, as well as Tai Chi for fall prevention, gentle yoga, and Balance and Mobility classes.

Location: Santa Fe, NM 87505 – Meeting in-person

Fee: Donation based

For more information, contact Adrienne Shurbet at (505) 930-1168 or popsantafe@gmail.com.

Presbyterian SFMC Outpatient Rehab

Physical Therapist providing services to people with Parkinson's and Parkinsonism through the PWR and LSVT programs.

Location: Santa Fe, NM 87507

Fee: Yes

For more information, contact Elisabeth Wise at 505-772-2000 or EWise@phs.org.