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## North Carolina Wellness Groups by City

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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>Archdale</u></a>	<a href="#"><u>Hickory</u></a>
<a href="#"><u>Arden</u></a>	<a href="#"><u>Huntersville</u></a>
<a href="#"><u>Asheboro</u></a>	<a href="#"><u>Jacksonville</u></a>
<a href="#"><u>Asheville</u></a>	<a href="#"><u>Matthews</u></a>
<a href="#"><u>Burlington</u></a>	<a href="#"><u>Monroe</u></a>
<a href="#"><u>Candler</u></a>	<a href="#"><u> Mooresville</u></a>
<a href="#"><u>Carteret</u></a>	<a href="#"><u>Morehead City</u></a>
<a href="#"><u>Cary</u></a>	<a href="#"><u>Nags Head</u></a>
<a href="#"><u>Chapel Hill</u></a>	<a href="#"><u>New Bern</u></a>
<a href="#"><u>Charlotte</u></a>	<a href="#"><u>Oxford</u></a>
<a href="#"><u>Durham</u></a>	<a href="#"><u>Raleigh</u></a>
<a href="#"><u>Elon</u></a>	<a href="#"><u>Southport</u></a>
<a href="#"><u>Fayetteville</u></a>	<a href="#"><u>Washington</u></a>
<a href="#"><u>Greensboro</u></a>	<a href="#"><u>Wilmington</u></a>
<a href="#"><u>Greenville</u></a>	<a href="#"><u>Winston-Salem</u></a>

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 [carolinas@parkinson.org](mailto:carolinas@parkinson.org).



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.

## ARDEN

### **Rock Steady Boxing**

**Location:** Arden, NC 28704 – *Meeting in-person*

**Fee:** Yes

For more information, contact 828-684-1338 or [southasheville@rsbaffiliate.com](mailto:southasheville@rsbaffiliate.com).

Link to website [here](#)

## ARCHDALE

### **Rock Steady Boxing**

**Location:** Archdale, NC 27263 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-880-8335 or [archdale@rsbaffiliate.com](mailto:archdale@rsbaffiliate.com).

Link to website [here](#)

## ASHEBORO

### **Rock Steady Boxing**

**Location:** Asheboro, NC 27205 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-880-8335 or [asheboro@rsbaffiliate.com](mailto:asheboro@rsbaffiliate.com).

Link to website [here](#)

## ASHEVILLE

### **Knock Out Parkinson's Group Class**

*The program is a group class for people with Parkinson's. We do a variety of stretches, strengthening, balance, agility, and mobility exercises that the research has shown to benefit people with Parkinson's to reduce their symptoms.*

**Location:** Asheville, NC 28803 – *Meeting in-person and online*

**Fee:** Variable

For more information, contact Sean Simonds at 828-484-4200 or

[sean.simonds@movementforlife.com](mailto:sean.simonds@movementforlife.com)

Link to website [here](#)



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.

### **YMCA of Western North Carolina - Parkinson's Intervention**

*Offering: Pedaling for Parkinson's, PWR!Moves, and Rock Steady Boxing*

**Location:** Asheville, NC 29901

For more information, contact Dianne Saccone at 828-575-2904

Link to website [here](#)

### **Rock Steady Boxing – YMCA of Western North Carolina**

**Location:** Candler, NC 28715 – *Meeting in-person*

**Fee:** Yes

For more information, contact 828-575-2904 or [ymcawnc@rsbaffiliate.com](mailto:ymcawnc@rsbaffiliate.com).

Link to website [here](#)

## **BURLINGTON**

### **Rock Steady Boxing – Results Driven Fitness**

**Location:** Burlington, NC 27215 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-516-1488 or [burlington@rsbaffiliate.com](mailto:burlington@rsbaffiliate.com).

Link to website [here](#)

## **CARTERET**

### **Rock Steady Boxing – The Gym at Cape Carteret Aquatic Center**

**Location:** Carteret, NC 28584 – *Meeting in-person*

**Fee:** Yes

For more information, contact 252-393-1000 or [capecarteret@rsbaffiliate.com](mailto:capecarteret@rsbaffiliate.com).

Link to website [here](#)

## **CARY**

### **Rock Steady Boxing – NC Triangle Title Boxing Club**

**Location:** Cary, NC 27513 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-302-3767 or [nctriangle@rsbaffiliate.com](mailto:nctriangle@rsbaffiliate.com).

Link to website [here](#)

### **Aktivate Fitness- Rock Steady Boxing (updated September 2023)**

**Location:** Cary, NC 27518 – *Meeting in-person*

**Fee:** Yes.

For more information, contact Meagan Jacobs at 918-899-2118 or email [Studio@aktivatefitness.com](mailto:Studio@aktivatefitness.com).

Link to website [here](#)



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## CHAPEL HILL

### **Rock Steady Boxing – 919 Title Boxing Club Chapel Hill**

**Location:** Chapel Hill, NC 27517 – *Meeting in-person*

**Fee:** Yes

For more information, contact 919-801-1925 or [919@rsbaffiliate.com](mailto:919@rsbaffiliate.com).

Link to website [here](#)

## CHARLOTTE

### **\*Charlotte area mind and body classes for persons with Parkinson's Disease, Back to Independence Rehab** (updated August 2023)

*Back to Independence Rehab hosts free body and mind exercise class for persons with Parkinson's Disease. Body- The weekly exercise classes are held to incorporate PWR!Moves® movements to aide in daily life, address PD specific exercise parameters, and reduce Parkinson's disease symptoms. Sessions are twice a week for 7 weeks that aim to actively stimulate and engage people with PD, while providing an optimal learning environment with social benefits of a group for mental health.*

**Location:** Charlotte, NC

**Fee:** Community Grant covers cost

For more information, contact Darci Pernoud at [darci@btirehab.com](mailto:darci@btirehab.com).

Link to website [here](#)

### **\*Incorporating PWR!Moves™ in Novant Health Rehabilitation Therapeutic Services, Forsyth Medical Center Foundation** (updated August 2023)

*Novant Health rehabilitation teams in four clinics in Winston-Salem, Salisbury, and Charlotte, North Carolina will offer PWR!Moves classes to individuals diagnosed with Parkinson's Disease and treated at Novant Health clinics as well as residents of the community at large. The PWR!Moves approach will complement ongoing Novant Health occupational and physical therapy services and promote an active lifestyle for program participants. The goal of the PWR!Moves approach is to improve postural control, ability to shift weight, axial mobility, and transitional movements. Improved control and mobility normalize movement patterns and decrease fall risk. PWR!Moves classes also promote social interaction and group support for people living with Parkinson's Disease.*

**Location:** Charlotte, NC

**Fee:** \$10 per class, scholarships available

For more information, contact Randy Brantley at [rbrantley@novanthealth.org](mailto:rbrantley@novanthealth.org).

Link to website [here](#)

### **Parkinson's Exercise & Wellness Program- Monroe, Amp It Up Fitness, LLC**

**Location:** Charlotte, NC

For more information contact Susan Wiseman at [susan@ampitupfitness.com](mailto:susan@ampitupfitness.com).

Link to website [here](#)



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### **Rock Steady Boxing Charlotte – Just Workout Fitness Studio**

*Rock Steady Boxing classes for people with Parkinson's Disease.*

**Location:** Charlotte, NC 28211 – Meeting in-person

**Fee:** Yes

For more information, contact 704-953-4104, [charlotte@rsbaffiliate.com](mailto:charlotte@rsbaffiliate.com), or [Rose@just-workout.com](mailto:Rose@just-workout.com).

Link to website [here](#)

### **Rock Steady Boxing Charlotte – Levine Jewish Community Center**

**Location:** Charlotte, NC 28211 – Meeting in-person

**Fee:** Yes

For more information, contact 704-944-6870 or [levinejcc@rsbaffiliate.com](mailto:levinejcc@rsbaffiliate.com).

Link to website [here](#)

### **Back to Independence Rehab**

**Location:** Charlotte, NC 28217– Meeting in-person

**Fee:** Yes

For more information, contact Darci Pernoud at 980-272-7105 or email [Darci@btirehab.com](mailto:Darci@btirehab.com)

Link to website [here](#)

## **DURHAM**

### **Duke Health & Fitness Center - PWR Moves**

*PWR! Moves is a Parkinson-Disease-specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements*

**Location:** Durham, NC – Meeting in-person

For more information, contact Kevin Riggins at 919-660-6807 or [kevin.riggins@duke.edu](mailto:kevin.riggins@duke.edu).

Link to website [here](#)

### **Parkinson's Movement Initiative at ADF, American Dance Festival**

#### **Parkinson's PWR! Moves Mondays**

*PMI offers weekly movement classes in Pilates and dance to the PD community and their caregivers.*

**Location:** Durham, NC 27701 – Meeting online

For more information, contact Alexis Kralic at [alexis@americandancefestival.org](mailto:alexis@americandancefestival.org).

Link to website [here](#)

### **Rock Steady Boxing**

**Location:** Durham, NC 27713 – Meeting in-person

**Fee:** Yes

For more information, contact 919-864-2096 or [durham@rsbaffiliate.com](mailto:durham@rsbaffiliate.com).

Link to website [here](#)



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.

### **Rock Steady Boxing – Upright Athlete**

**Location:** Durham, NC 27707 – Meeting in-person

**Fee:** Yes

For more information, contact 919-493-1204 or [uprightathlete@rsbaffiliate.com](mailto:uprightathlete@rsbaffiliate.com).

Link to website [here](#)

## **ELON**

### **Move Virtually with Elon (MO.V.E.) program for Individuals with Parkinson's Disease, Elon University**

**Location:** Elon, NC – Meeting online

For more information, contact Srikant Vallabhajosula at [svallabhajosula@elon.edu](mailto:svallabhajosula@elon.edu).

Link to website [here](#)

## **FAYETTEVILLE**

### **Rock Steady Boxing**

**Location:** Fayetteville, NC 28303 – Meeting in-person

**Fee:** Yes

For more information, contact Mandez at 910-615-7539.

Link to website [here](#)

## **GREENSBORO**

### **\*Parkinson's Community Grant with Cone Health, The Moses H. Cone Memorial Hospital Operating Corporation** (updated August 2023)

*This program is designed to provide comprehensive training and instruction to participants on physical activity, exercise, and safety to improve the physical, mental and psychosocial health of those with Parkinson's. The program includes registration and pre-data recording, training and instructional materials development, training on techniques of the specific exercise program/intervention, and following Parkinson's foundation guidelines on exercise. This includes but is not limited to training on balance and coordination exercises, training on flexibility and stretching, training on exercise that helps with mental health, an awareness session on home safety and fall prevention, and arranging group discussions and activities.*

**Location:** Greensboro, NC

**Fee:** Community Grant covers cost

For more information, contact Misty Taylor-Paladino at [misty.taylorpaladino@conehealth.com](mailto:misty.taylorpaladino@conehealth.com).

Link to website [here](#)



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### **Rock Steady Boxing**

**Location:** Greensboro, NC 27455 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-282-4200 or [greensboro@rsbaffiliate.com](mailto:greensboro@rsbaffiliate.com).

Link to website [here](#)

### **Sagewell Parkinson's** (updated November 2023)

*Parkinson's Chair and PWR! classes*

**Location:** Greensboro, NC 27410 – *Meeting in-person*

**Fee:** Yes, for non-members, Free to Members

For more information, contact Christy Weaver at 336-307-1918 or email [sagewell@conehealth.com](mailto:sagewell@conehealth.com)

Link to website [here](#)

## **GREENVILLE**

### **\*Pirates "POWER" over Parkinson's: A PWR!Moves® Exercise Class in Eastern North Carolina, East Carolina University** (updated November 2023)

*Pirates "POWER" over Parkinson's: A PWR!Moves® Exercise Class in Eastern North Carolina is an interdisciplinary PWR!Moves® exercise program conducted at East Carolina University in Greenville, NC, to address this need for care. PWR!Moves® is a Parkinson's Foundation accredited exercise program that will provide individuals with PD increased access to affordable, quality, and effective intervention and offer lasting health and wellness benefits. The program will include assessments at the beginning and end of the program, a 1:1 exercise session with a Parkinson's Specialist Physical and Occupational Therapist, followed by group exercise classes and a home exercise program focusing on the Parkinson's Disease exercise recommendations from the Parkinson's Foundation. There will be both a fall and spring session. Additionally, we expect that this program will help improve mental health for participants and grow the pipeline of PD experts.*

**Location:** Greenville, NC

**Fee:** \$20 per session, Community Grants covers cost

For more information, contact Lauren Turbeville at [turbeville120@ecu.edu](mailto:turbeville120@ecu.edu).

Link to website [here](#)

## **HICKORY**

### **Partnership for Parkinson's – YMCA**

Available classes include *Gentle Yoga for Parkinson's*, *Gentle Dance for Parkinson's*, and *Tai Chi for Balance*.

**Location:** Hickory, NC 28602 – *Meeting in-person*

**Fee:** Yes, YMCA membership

For more information, contact (828) 324-9622.

Link to website [here](#)



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### **Rock Steady Boxing**

**Location:** Hickory, NC 28602 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-657-1080 or [hickorync@rsbaffiliate.com](mailto:hickorync@rsbaffiliate.com).

Link to website [here](#)

## HIGH POINT

### **Pedaling for Parkinson's – YWCA High Point (updated June 2024)**

*This is a one-hour ride on a stationary bike.*

**Location:** High Point, NC 27262 – *Meeting in person*

**Fee:** Yes, YWCA membership

For more information, contact Betsey Richter at (336) 882-4126 or [brichter@ywcahp.com](mailto:brichter@ywcahp.com).

Link to website [here](#)

## HUNTERSVILLE

### **Huntersville Rock Steady Boxing**

**Location:** Huntersville, NC – *Meeting in-person*

For more information, contact 704-622-0200 or [huntersville@rsbaffiliate.com](mailto:huntersville@rsbaffiliate.com).

**Fee:** Yes

Link to website [here](#)

## JACKSONVILLE

### **Rock Steady Boxing – Camp Lejeune**

**Location:** Jacksonville, NC 28540 – *Meeting in-person*

**Fee:** Yes

For more information, contact 910-467-7825 or [camplejeune@rsbaffiliate.com](mailto:camplejeune@rsbaffiliate.com).

Link to website [here](#)

## MATTHEWS

### **Rock Steady Boxing – Matthews Glen**

**Location:** Matthews, NC 28540 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-845-5900 or [matthewsglen@rsbaffiliate.com](mailto:matthewsglen@rsbaffiliate.com).

Link to website [here](#)





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## MONROE

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

**Location:** Monroe / Union, NC – *Meeting in-person*

For more information, contact Cindy Leckey at 704-291-0007 or [dobee5555@windstream.net](mailto:dobee5555@windstream.net).

## MOORESVILLE

### **Rock Steady Boxing – Lake Norman Muay Thai**

**Location:** Mooresville, NC 28117 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-657-1080 or [lkmuaythai@rsbaffiliate.com](mailto:lkmuaythai@rsbaffiliate.com).

Link to website [here](#)

## MOREHEAD CITY

### **Rock Steady Boxing – Sports Center of Morehead**

**Location:** Morehead City, NC 28557 – *Meeting in-person*

**Fee:** Yes

For more information, contact 843-424-4575 or [wilmington@rsbaffiliate.com](mailto:wilmington@rsbaffiliate.com).

Link to website [here](#)

## NAGS HEAD

### **Balance in Motion – Outer Banks Family YMCA**

**Location:** Nags Head, NC 27959 – *Meeting in-person*

**Fee:** Yes (YMCA Membership)

For more information, contact Lisa Minerich, OTR/L at 301-785-0556 or [minerlisa11@gmail.com](mailto:minerlisa11@gmail.com).

Link to website [here](#)

## NEW BERN

### **Capturing the Community, Bike Box Project**

**Location:** New Bern, NC

For more information, contact Bethany Richards at [bethany@bikeboxproject.org](mailto:bethany@bikeboxproject.org).

Link to website [here](#)



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.

### **Rock Steady Boxing & Pedaling for Parkinson's – SWEAT Camp**

**Location:** New Bern, NC 28560 – *Meeting in-person*

**Fee:** Yes

For more information, contact 571-215-9282 or [newbern@rsbaffiliate.com](mailto:newbern@rsbaffiliate.com).

Link to Rock Steady Boxing website [here](#)

Link to Pedaling for Parkinson's website [here](#)

## **OXFORD**

### **Rock Steady Boxing – Granville County Senior Center**

**Location:** Oxford, NC 27565 – *Meeting in-person*

**Fee:** Yes

For more information, contact 919-693-1930 or [granville@rsbaffiliate.com](mailto:granville@rsbaffiliate.com).

Link to website [here](#)

## **RALEIGH**

### **Rock Steady Boxing – NC Triangle Title Boxing Club**

**Location:** Raleigh, NC 27613 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-302-3767 or [nctriangle@rsbaffiliate.com](mailto:nctriangle@rsbaffiliate.com).

Link to website [here](#)

### **Rock Steady Boxing – The Cardinal at North Hills**

**Location:** Raleigh, NC 27609 – *Meeting in-person*

**Fee:** Yes

For more information, contact 984-204-8444 or [cardinalatnorthhills@rsbaffiliate.com](mailto:cardinalatnorthhills@rsbaffiliate.com).

Link to website [here](#)

## **SOUTHPORT**

### **2022 BCWC Parkinson's Exercise Program, Brunswick County Wellness Center**

**Location:** Southport, NC

For more information contact Sara Fox at [sara0318@live.com](mailto:sara0318@live.com).

Link to website [here](#)

## **WASHINGTON**

### **Rock Steady Boxing – Athletic Edge Sports & Fitness**

**Location:** Washington, NC 27889 – *Meeting in-person*

**Fee:** Yes

For more information, contact 252-975-0003 or [athleticedge@rsbaffiliate.com](mailto:athleticedge@rsbaffiliate.com).

Link to website [here](#)

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).  
September 2024*



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## WILMINGTON

### **Beat Parkinson's Today**

**Location:** Wilmington, NC 28412 – *Meeting in-person and virtually*

**Fee:** Yes

For more information, contact Michelle Hespeler at 860-918-9594 ext 3 or [administrator@beatpdtoday.com](mailto:administrator@beatpdtoday.com).

Link to website [here](#)

### **Rock Steady Boxing**

**Location:** Wilmington, NC 28405 – *Meeting in-person*

**Fee:** Yes

For more information, contact Val Von Rupp at 910-543-8248 or [rocksteadyboxingwilmington@gmail.com](mailto:rocksteadyboxingwilmington@gmail.com).

Link to website [here](#)

### **YMCA Parkinson's Program – Expansion and Community Outreach, YMCA of Southeastern North Carolina**

**Location:** Wilmington, NC

For more information, contact Bridget Carroll at [bridget.carroll@ymcasenc.org](mailto:bridget.carroll@ymcasenc.org).

Link to website [here](#)

## WINSTON-SALEM

### **Rock Steady Boxing – C3 Clemmons**

**Location:** Winston-Salem, NC 27103 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-403-0285 or [c3clemmons@rsbaffiliate.com](mailto:c3clemmons@rsbaffiliate.com).

Link to website [here](#)