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## New Jersey 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.*

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

[North](#)

[Central](#)

[South](#)

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

June 2021



*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.*

## **NORTH JERSEY**

### **Rock Steady Boxing**

**Location:** Randolph, NJ 07869

For more information, contact Kathy Fisher at 973-366-1120 ext14 or [randolphymca@rsbaffiliate.com](mailto:randolphymca@rsbaffiliate.com).

### **Rock Steady Boxing –Bridgewater**

*The goal is to improve the quality of life for those struggling with Parkinson's disease. Meeting in person.*

**Location:** Matrinsville, NJ 08836

ASSESSMENTS: BY APPOINTMENT ONLY, please call 732-469-8448 to schedule.

For more information, contact Coach Anthony Christian at 732-469-8448 or [anthonystkd@msn.com](mailto:anthonystkd@msn.com)  
Link to website [here](#).

### **Strengthening Our Community: The Parkinson's Movement Disorder Education Program Saint Barnabas Medical Center**

**Location:** West Orange, NJ 07052

For more information, contact Shari Fleurinor at [shari.fleurinor@rwjbh.org](mailto:shari.fleurinor@rwjbh.org).  
Link to Website [here](#).

### **Rock Steady Boxing Busacca Fitness**

**Location:** Point Pleasant, NJ 08742

For more information contact Matt Busacca at [Busaccam@gmail.com](mailto:Busaccam@gmail.com)  
Link to website [here](#).

### **Wellness Program**

**Location:** Ridgewood, NJ

For more information, contact Carol Livingstone at (201) 444-5600 ext. 330.

### **Parkinson Life Center of Southern New Jersey: Body in Balance Physical Therapy and Fitness Center**

**Location:** Linwood, NJ, 08221

For more information, contact 609-365-84990.

### **First Congregation Church, Yoga**

**Location:** Haworth, NJ

For more information, contact Jerry Ratner at (201) 599-2232.



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**Southeast Senior Center for Independent Living**

**Location:** Englewood, NJ 07631

For more information, contact Kevin X. Kyle at (201) 747-9096 or Ilse Heller at (201) 265-4976.

**Congregation Beth Ahm**

**Location:** Verona, NJ

For more information, contact Lucille at (973) 403-1294.

**New Brunswick – RWJ Fitness & Wellness Center**

*Tai Chi & Movement Class*

**Location:** New Brunswick, NJ

For more information, contact Cheylena Williams at (732) 745-7520 x. 1) or [cheylena.williams@rwjbh.org](mailto:cheylena.williams@rwjbh.org).

**\*Dance for Parkinson's Classes, Princeton Ballet Society (dba American Repertory Ballet)**

**Location:** New Brunswick, NJ 08901 – Meeting online

For more information, contact Rachel Abrams at [rabrams@arballet.org](mailto:rabrams@arballet.org).

**Parkinson's Exercise Program at Madison Area YMCA**

**Location:** Madison, NJ 07940

For more information, contact Susan Shieley at (973) 822-9622 x. 2242.

**Parkinson's Exercise Group Overlook**

**Location:** Summit, NJ

For more information, contact Caroline Panter at (908) 522-5901 or (908) 522-2215.

**Dance for Parkinson's**

*Dance for Parkinson's classes are taught by trained teaching artists who use music, guided imagery, vocalization, and movement from various genres of dance to provide participants with a holistic, safe, creative, and expressive experience.*

**Location:** Carnabury, NJ 08512 – Meeting in-person and online

For more information, contact Lindsay Cahill at 732.249.1254 ext. 19 or

[lcahill@arballet.org](mailto:lcahill@arballet.org)

Link to website [here](#).

**The Jewish Home Family Parkinson's Center**

*Various programs, including BIG and LOUD therapy, SLVT speech therapy, yoga, tai chi, and more*

**Location:** Rockleigh, NJ 07647

For more information, contact 1-855-543-7275.



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**Spreading Laughter to Live Better with Parkinson's, Jewish Home Family**

**Location:** Rockleigh, NJ 07647

For more information, contact Sunni Herman at [sherman@jewishhomefamily.org](mailto:sherman@jewishhomefamily.org).

Link to Website [here](#).

**CENTRAL JERSEY**

**\*Parkinson's Connection, Jewish Federation of Southern New Jersey**

**Location:** Cherry Hill, NJ 08003

For more information, contact Brian Adler at [badler@jfedsnj.org](mailto:badler@jfedsnj.org).

Link to website [here](#).

**\*PD Resource Facilitator, CentraState Healthcare Foundation**

**Location:** Freehold, NJ

For more information, contact Sharon Purpuro at [spurpuro@centrastate.com](mailto:spurpuro@centrastate.com)

Link to website [here](#).

**Rock Steady Boxing**

**Location:** Freehold, NJ 07728

For more information, contact Linda Ortiz at 732-812-0825 or

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

**Mastering Parkinson's, CentraState Healthcare Foundation**

**Location:** Freehold, NJ 07728

For more information, contact [spurpuro@centrastate.com](mailto:spurpuro@centrastate.com).

Link to Website [here](#).

**Rock Steady Boxing –Hillsborough**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Hillsborough, NJ 08844 – Meeting online

For more information, contact Barbara Kelly at 908-210-2153 or

[rsbhillsborough@gmail.com](mailto:rsbhillsborough@gmail.com)

Link to website [here](#).

**\*ParkinSINGS Choir for Newly Diagnosed Adults, JFK Medical Center**

**Location:** Edison, NJ 08818

For more information, contact Deborah Smith at

[deborah.smith@hackensackmeridian.org](mailto:deborah.smith@hackensackmeridian.org).

**Rock Steady Boxing**

**Location:** Edison, NJ 08818



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For more information, contact Lauren Karpinski at 732-632-1610 or [JFK@rsbaffiliate.com](mailto:JFK@rsbaffiliate.com).

**Johnson Rehabilitation Institute JRI Parkinson's Choir, John F. Kennedy Medical Center Foundation**

**Location:** Edison, NJ 08820

For more information, contact [deborah.smith@hackensackmeridian.org](mailto:deborah.smith@hackensackmeridian.org).  
Link to Website [here](#).

**Rock Steady Boxing – New Jersey Athletic Club**

**Location:** Lawrenceville, NJ 08648

For more information, contact Barbara Kelly at 908-210-2153 or [allaboutbalancenj@gmail.com](mailto:allaboutbalancenj@gmail.com).

**Rock Steady Boxing**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Princeton, NJ 08540

For more information, contact Ginny Scaduto at 609-571-6563 or [southbrunswick@rsbaffiliate.com](mailto:southbrunswick@rsbaffiliate.com).

**Rock Steady Boxing – Princeton Care Center**

**Location:** Princeton, NJ – Meeting online

For more information, contact Barbara Kelly at 908-210-2153 or [pcc@rsbaffiliate.com](mailto:pcc@rsbaffiliate.com).

**Rock Steady Boxing**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Garwood, NJ 07027

**Fee:** Yes

For more information, contact Dayel Giammarino at (908) 922-7280 or [centraljersey@rsbaffiliate.com](mailto:centraljersey@rsbaffiliate.com).

## **SOUTH JERSEY**

**Katz JCC Parkinson's Connection**

*The Katz JCC Parkinson's Connection is home to a virtual and in person exercise and education class platform. We hold Rock Steady Boxing, Dance for PD, Pilates for Neurological Disorders, Ballroom Dance for PD, Yoga for PD, Pedaling for PD.*

**Location:** Cherry Hill, NJ – Meeting in-person and online

For more information, contact Stacey Macaluso at [smacaluso@jfedsnj.org](mailto:smacaluso@jfedsnj.org) or 856-424-4444 ext. 1151



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**Punch out PD, Parkinson Life Center of Southern New Jersey**

**Location:** Linwood, NJ 08221

For more information, contact: [parkinsonlifecenter@gmail.com](mailto:parkinsonlifecenter@gmail.com).

Link to Website [here](#).

**Rock Steady Boxing Jersey Shore**

*To provide a resource where all people diagnosed with Parkinson's Disease receive support, education, and research-based exercise programs that hold promise to slow the disease progression and enhance their quality of life.*

**Location:** Linwood, NJ 08221 – Meeting in-person

**Fee:** Yes

For more information, contact Eleanor Hagan at 609-365-8499 or

[parkinsonlifecenter@gmail.com](mailto:parkinsonlifecenter@gmail.com)

Link to website [here](#).