
New York State Wellness Programs by Region

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](#).*

<p><u>Central New York</u></p> <p><u>Finger Lakes/ Rochester</u></p> <p><u>Long Island</u></p> <p><u>Mid-Hudson/Westchester</u></p>	<p><u>Mohawk Valley</u></p> <p><u>Metro New York</u></p> <p><u>Western New York</u></p> <p><u>Virtual Only</u></p>
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Central NY

Aging Backwards Through Activities and Fitness Programs: A multidimensional program for people with Parkinson Disease, Rock Steady Boxing Syracuse

Location: Liverpool, NY 13088

For more information, contact Patrick VanBeveren at pjvanb@aol.com.

Link to Website [here](#).

Physical, Occupational and Speech Therapy

Providing both in person and telehealth physical, occupational and speech therapy services.

- *LSVT Loud-Speech Therapy*
- *Speak Out Program- Speech Therapy*
- *LSVT Big- Physical/ Occupational Therapy*
- *PWR!- Physical/ Occupational Therapy*

Location: Syracuse, NY

For more information, contact Elizabeth Yates Horton liz@brainbodybetter.com

***The Jump Start Program: A Proactive Approach for those with Parkinson's Disease, Engage PT, OT, SLP**

Location: Syracuse, NY

For more information, contact Elizabeth Yates Horton at liz@brainbodybetter.com

Link to website [here](#).

***Pedaling for Parkinson's and Virtual Reality Exercise, Empower Parkinson, Inc,**

Location: Tully, NY

For more information, contact Patrick VanBeveren at pjvanb@aol.com.

Link to website [here](#)

Finger Lakes/Rochester

***Pickleball for Families & Friends Living with Parkinson's, Rochester Accessible Adventures**

Location: Rochester, NY

For more information, contact Anita O'Brien at

aobrien@rochesteraccessibleadventures.org

Link to website [here](#).

ROC Boxing and Fitness

Location: Rochester, NY 14609

For more information, contact Coach Dom at 585-254-3280.



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Rock Steady Boxing Flower City

Location: Rochester, NY 14450

For more information, contact Jennifer Schlegel at 585-314-1823 or

flowercity@rsbaffiliate.com

Link to Website [here](#).

Rock Steady Boxing Rochester

Location: Webster & Rochester

For more information, contact Lindsay Perez at 585-469-0201 or

rochester@rsbaffiliate.com.

Link to Website [here](#).

Rock Steady Boxing Victor

Location: Victor, NY 14564

For more information, contact Robin Barclay at 585-398-6050 or

victor@rsbaffiliate.com.

Inspiring Hope Improving Ability, Rochester Accessible Adventures

Location: Rochester, NY 14623

For more information, contact Anita O'Brien at

aobrien@rochesteraccessibleadventures.org.

Link to Website [here](#).

Kinetix Strength and Wellness

In person and virtual meeting options.

Location: Webster, NY 14580

For more information, contact Jess Kleinhammer at kinetixjess@gmail.com

Link to Website found [here](#).

Wellness 360 Physical Therapy

Parkinson's specific physical therapy and personal training with certified LSVT and PWR therapists.

Location: Webster, NY 14580 – Meeting in-person

For more information, contact Lindsay Perez at 585-469-0201 or

lindsay@wellness360fitness.com

Link to website [here](#).

LONG ISLAND

Achieve Wellness PT-OT

Location: Selden, NY 11784

For more information, contact Natalie Thompson 631-290-7400

Link to Website [here](#).

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American Parkinson Disease Association

Therapeutic chorus for people with Parkinson's and their care partners.

Location: East Hampton, NY 11937

For more information, contact 631-862-3560.

Link to Website [here](#).

Boxing for Parkinson's – Barry and Florence Friedberg Jewish Community Center

Location: Oceanside, NY 11572 – Meeting in-person

Fee: Yes

For more information, contact Constantinos Labrinos at clabrinos@friedbergjcc.org or (516) 634-4010.

Link to website [here](#).

New York Institute of Technology College of Osteopathic Medicine

Location: Old Westbury, NY 11568

For more information, contact Spencer Gee at 516-686-3719

Link to Website [here](#).

***Pathways to Parkinson's, Mid-Island Jewish Community Center**

Location: Plainview, NY

For more information, contact Barbara Sachs Traina at bsachs@miyjcc.org

Link to website [here](#).

***Promoting Positive Mental Health for those with Parkinson's Disease and their Care Partners utilizing Alternative Therapies, Barry and Florence Friedberg Jewish Community Center**

Location: Oceanside, NY

For more information, contact Gloria Lebeaux at glebeaux@friedbergjcc.org

Link to website [here](#).

Rock Steady Boxing NYIT Long Island

Location: Old Westbury, NY 11568

Fee: Yes

For more information, contact Amanda Braadt at 516-686-7411 or nyit@rsbaffiliate.com.

Link to Website [here](#).

Mid-Hudson/Westchester

***Ping Pong Parkinson**

Ping pong. Players of all levels are welcome.

Location: Pleasantville, NY 10570 – Meeting in-person.

Fee: Yes. First session is free.



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For more information, contact Nenad Bach at landline: 914 271 7771, cell: 9145576092 or pingpongparkinson@gmail.com.

Link to Website [here](#).

Rock Steady Boxing Westchester

Location: White Plains, NY 10607

Fee: Yes

For more information, contact 914-433-7798 or admin@letsfightparkinsons.com.

Link to Website [here](#).

Mohawk Valley

***Moving Forward Together - An Educational Program for Those Living with Parkinson's Disease & Their Caregivers, Albany Medical College**

Location: Albany, NY 12208

For more information, contact Eric Molho at molhoe@amc.edu.

Metro New York

BRONX

Dance for PD

Location: Bronx, NY 10467 – Meeting in-person and online

For more information, contact 718-218-3373

Link to website [here](#).

BROOKLYN

***Dance for PD, Discalced, Inc., dba Mark Morris Dance Group**

Location: Brooklyn, NY – Meeting in-person and online

For more information, contact Haley Mason Andres at haley.m.andres@mmdg.org

Link to website [here](#).

Long Island University Brooklyn - Fitness for PD

Fitness for PD at LIU is a free exercise class developed specifically for people with Parkinson's Disease (PD), in collaboration with the Brooklyn Parkinson Group (BPG). Prior registration is required.

Location: Brooklyn, NY 11201

For information, contact Dr. Rebecca States at Rebecca.States@liu.edu or 718-780-4149

Link to Website [here](#).



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*** Movement, Song & Speech for Living Well with Parkinson's, Sephardic Community Center**

To help people with PD improve and/or maintain their best levels of ability as well as find support by networking and sharing resources at the classes and special programs. Offers Rock Steady Boxing online via Zoom and in-person. Other programs include Healing Music for Parkinson's and Speech therapy.

Location: Brooklyn, NY 11223 – Meeting in-person and online

For more information, contact Linda Eber at 718-954-3154 or Linda@scclive.org

Link to website [here](#).

MANHATTAN

***Broadway's Best for Parkinson's, The Jewish Community Center in Manhattan, Inc.,**

Location: New York, NY

For more information, contact Elyssa Tannenbaum at etannenbaum@mmiccm.org

Link to website [here](#).

***Integrative Health and Wellness Community Outreach, Joan & Sanford I. Weill Medical College of Cornell University**

Location: New York, NY

For more information, contact Natalie Hellmers at nah9011@med.cornell.edu

Link to website [here](#).

Marlene Meyerson JCC

Edmond J. Safra Parkinson's Wellness Program. Through education, exercise, support groups, and other programs, and in collaboration with the medical and local communities, people impacted by Parkinson's remain active, connected, and empowered.

Location: New York, NY 10023

Fee: Intake interview required prior to registration.

For more information, contact Joelle Evans at 646-505-5728.

Link to Website [here](#).

Mount Sinai Downtown, Beth Israel

Tai Chi

Location: New York, NY 10003

Fee: No

For more information, contact 212-420-2000.

Link to Website [here](#).



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***Promoting engagement of physical activity in early stage Parkinson's Disease (Engage PD) Teachers College, Columbia University**

Location: New York, NY

For more information, contact Lori Quinn at lq2165@tc.columbia.edu

Link to website [here](#).

Sing for Your Health, The New York Society for Ethical Culture

Location: New York, NY 10023

For more information, contact Dana Calitri at 917-880-8058 or sfyhealth@gmail.com.

Link to Website [here](#).

The Mark Morris Dance Group

Dance for PD

Location: Link to Website with locations [here](#). Meeting in-person and online

For more information, contact Natasha at 718-218-3373.

***Virtual Improv for PD Program, Mount Sinai Beth Israel**

Location: New York, NY

For more information, contact Joan Miravite at Joan.Miravite@mountsinai.org

Link to website [here](#).

92nd St YMCA

PEP! - Parkinson's Exercise Program. Emphasis is on stability, strength, gait preservation, motor coordination and balance improvement. Must be able to climb a short flight of stairs.

Location: New York, NY 10128

Fee: Yes. Pre-interview with the program director required prior to registration.

For more information, contact JCCreem Collins at 212-415-5722.

Link to Website [here](#).

QUEENS

Dance for PD

Sing and Dance for PD

Location: Forest Hills, NY 11375

For more information, contact Natasha at 718-218-3373.

Link to Website [here](#)

***Queens College - Reclaim Your Voice**

Through a grant from the Parkinson Voice Project, Queens College initiated SPEAK OUT!® and The LOUD Crowd® program to help people with Parkinson's improve their speech, communication, and socialization skills.

Location: Flushing, NY 11367 – Meeting in-person and online.



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For more information, contact Elizabeth Vicaro Sitler at 718-997-2946 or

speechcenter@qc.cuny.edu

Link to Website [here](#).

Western New York/ Buffalo

***Art Moves Me at Burchfield Penney Art Center, Burchfield Penney Art Center,**

Location: Buffalo, NY

For more information, contact Jennifer Merlette at heythereheidiho@gmail.com

Link to website [here](#).

Boxing Against Parkinson's

Location: Various locations in Buffalo and Orchard Park, NY

Fee: Yes

For more information, contact Kevin Cunningham at (716) 886-0252.

Parkinson's Boxing

One-on-one sessions, individually adapted for each client.

Location: Kenmore, NY

Fee: Yes

For more information, contact Dean Eoannou at (716) 348-2823.

Balanced Boxing for Parkinson's

Classes are led by James Wypij.

Locations: Buffalo, NY 14201

For more information contact James Wypij wypij3@aol.com OR 716-534-7882

Power Hour Boxing Classes

Training sessions that help to battle against Parkinson's symptoms.

Location: Dunkirk, NY 14048

Fee: Yes

For more information, contact Dave Harriger at (716) 785-0547.

Rock Steady Boxing in Hamburg

Multi-level based classes.

Location: Hamburg, NY 14075

Fee: Yes

For more information, contact Cindy Menard at (716) 866-8988.

Rock Steady Boxing at the Jewish Community Center

Boxing fitness non-contact curriculum for Parkinson's disease.

Location: Getzville, NY 14068

Fee: Yes

For more information, contact Sam Seiler at (716) 204-2254.

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Boxing at Trabucco Fitness

Group sessions.

Location: Clarence Center, NY 14032

For more information, contact Al Festaiuti at (716) 741-3488.

Parkinson's Boxing Club

Informal boxing classes.

Location: Salamanca, NY 14779

For more information, contact Tim Mager at (585) 378-6110.

RRB Parkinson's Restoration Program

Program incorporates boxing and cognitive training in order to fight off disease progression, combat rigidity, and other Parkinson's symptoms that affect activities of daily living.

Location: Niagara Falls, NY 14304

For more information, contact Ryan Batt at ryanbatt@ymail.com or (716) 392-0552

PWR! Moves

PWR! Moves is a research-based Parkinson's-specific exercise and wellness program that targets and improves rigidity, slow movement, gait, balance, freezing and everyday function.

Location: Clarence Center, NY 14032 – Meeting in-person and online

For more information, contact Certified PWR! Therapist, Jill Eppolito Barden, PT at 716-628-5479 or jill@everybodypt.fit.

The M.O.G.

A fitness club wholly integrated with an independent physical therapy practice. Parkinson's specific physical therapy and exercise classes for anyone who has a medical condition.

Locations: Various locations in Grand Island and Kenmore

For more information, contact (716) 773-4323 or (716) 871-1100

Parkinson's GOAL Night (formerly Perk Café)

Social program – Join us for fun, games, conversations and laughs.

Location: Depew, NY

For more information, contact (716) 449-3795.

Buffalo Hearing and Speech Center

The SPEAK OUT!® program incorporates speech, voice, and cognitive exercises while focusing on the use of intent to change speech from an automatic to an intentional function. The LOUD Crowd® is a group therapy program where the clients practice carryover of their SPEAK OUT!® exercises in an effort to speak with intent in the context of functional communication activities.

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Location: Buffalo, NY 14203

For more information contact Amy Stohl at (716) 204-8680 or (716) 885-8318

Rock Steady Boxing in Hamburg

Multi-level based classes.

Location: Hamburg, NY 14075

Fee: Yes

For more information, contact Cindy Menard at (716) 866-8988.

Virtual Only

Center for Parkinson's Disease at Stony Brook Southampton Hospital

Offers Sing LOUD, Urban Zen for Caregivers, Tai Chi, Rock Steady Boxing, Chair Yoga, and Eat Well with Parkinson's.

Location: Suffolk County, NY – Meeting online

For more information, contact Sarah Cohen, PT, DPT at 631-644-6667 or

sarah.cohen@stonybrookmedicine.edu.

Link to Website [here](#).

Get LOUD! Stay LOUD! Online Parkinson's Speech Exercise Program

Daily guided voice/speech exercise for Parkinson's.

Location: Meeting Online

For more information, contact Sarah Awde, Registered speech language pathologist, at Info@GetLoudTherapy.com OR 226-336-8212

Link to website [here](#).

Connecting Voices, Accent Wellness

A musical group experience focused on improving breath support, vocal volume, clarity of speech and facial expression.

Location: Meeting Online

For more information contact Melinda C. Schirmer, MA, LCAT, MT-BC at

mschirmer@accentwellness.org or (585)-558-2334

Link to website [here](#).

Columbia University

StoPD - Parkinson's Boxing Program

Location: New York, NY 10012 – Meeting online

Fee: Yes

For more information, contact Suzanne at 617-869-1182 or info@stop-pd.org

Link to Website [here](#).

***Shakespeare for Parkinson's, Rod Rodgers Dance Company**

Location: New York, NY 10003 – Meeting online

For more information, Kurt Brungardt, at brungyk@gmail.com.

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