

<b>City</b>	<b>Address</b>	<b>What</b>	<b>Contact</b>
<b>Boise</b>	Ballet Idaho, 501 S 8th St., Boise, ID 83702	Dance for Parkinson's	832.-594-7887, danceforparkinsonsidaho@gmail.com
<b>Boise</b>	St. Luke's Rehabilitation, 703 S Americana Blvd, Boise, ID 83702	Parkinson's Exercise Class	David Farris, 208-385-3268
<b>Boise</b>	Downtown YMCA, West YMCA	Tai Chi and Fall Prevention	Mary Biddle-Newberry 208.344.5502 ext. 276 mary.biddle@ymcaidaho.org www.ymcatvidaho.org/program/moving-for-better-balance/
<b>Boise</b>	Boise YMCA, Caldwell YMCA, Downtown YMCA, West YMCA	Artist in Residence	Mary Biddle-Newberry 208.344.5502 ext. 276 mary.biddle@ymcaidaho.org
<b>Coeur d'Alene</b>	Silver Lake Mall Community Room, 200 W Hanley, Coeur d'Alene	Singing for Wellness and Joy	Carla Carnegie 509-592-7875 carla.carnegie@gmail.com
<b>Eagle</b>	Eagle Performing Arts Ctr 1125 E State Street Eagle, ID 83616	Dance for Parkinson's	832-594-7887 danceforparkinsonsidaho@gmail.com
<b>Meridian</b>	501 E Scenery Lane Meridian, ID 83642	Rock Steady Boxing	208-887-1700 www.elementalathletix.com
<b>Nampa</b>	St Luke's Elks Rehab Hospital, 1709 Caldwell Blvd, Nampa, ID 83651	Parkinson's Exercise Class	Lou Levy, 208-489-4480
<b>Twin Falls</b>	St Luke's Elks Rehab Center, 801 Pole Line Road, Medical Plaza, Suite 202, Twin Falls, ID 83301	Parkinson's Exercise Class	Miranda Austin, 208-814-2570, www.stlukeselksrehab.org

<b>ONLINE</b>	Webclass	Feldenkrais for Parkinson's	425-641-4779, info@movebeyondlimits.com, www.movebeyondlimits.com
<b>ONLINE</b>	Webclass	The Daily Dose Weekly Neurofitness Training classes offered online	<a href="https://theparkinsonsfitnessproject.com/">https://theparkinsonsfitnessproject.com/</a>