

## North Central Region

*Adams, Florence, Forest, Green Lake, Iron, Langlade, Lincoln, Marathon, Marquette, Menominee, Oneida, Portage, Price, Shawano, Vilas, Waupaca, Waushara and Woodcounties.*

Marshfield – Support group

Wesley United Methodist Church, 205 South Maple Street, Marshfield, WI 54449  
3rd Thursday at 1pm

Contact: Marilyn Seidl-Kramer 715-305-8224

Marshfield – Caregiver respite center

Marshfield Area Respite Care Center (MARCC) Wesley United Methodist Church, 205 E 3rd Street, Marshfield, 54449

715-384-8478

Minocqua – Support group

Ascension Lutheran Church, Highway 51 South, Minocqua, WI 54548  
2nd Tuesday at 10am-12pm

Contact: Laura Peck 715-420-2160

Shawano – Parkinson's exercise class

Total Fitness, 116 North Main St, Shawano, WI 54166

Monday-Friday call for times

Contact: Jean Darling, PT 715-526-2899 [shawanototalfitness@gmail.com](mailto:shawanototalfitness@gmail.com)

\*ask about Silver Sneaker classes too

Stevens Point – Movement & Music Parkinson's Exercise Class \*Virtual

Thursdays 1:30-2:30

Instructor: Lucy Scott

To register: Mary Wood 414-430-3561

Waupaca – Rock Steady Boxing

Waupaca Senior Center, 407 School St., Waupaca 54981

Tuesdays & Thursdays from 1:00 - 2:00 \*6-week sessions back to back

Contact: Andrea at 715-258-4437

Wausau – Move Better Exercise Class

Woodson YMCA, 707 Third St., Wausau, WI 54403

Call for class information 715-845-2177

Wautoma – Rock Steady Boxing

Wautoma Fitness 24/7, 480 S. Townline Road, Wautoma, WI 54982

Call for times

Contact: Carol Clark 920-787-5207 or 920-787-1011

### Northeast Region

*Brown, Calumet, Door, Fond du Lac, Kewaunee,  
Manitowoc, Marinette, Oconto, Outagamie, Sheboygan  
and Winnebago counties .*

Appleton-Young Onset Women's Group (We are geared toward women under age 55.)

Barnes & Noble

4705 W Grande Market Drive

2nd & 4th Tuesdays at 6:00pm

Contact: Wendy Sorem & Calissa Schneider, yopdwfox@gmail.com 920-810-4367

Appleton Parkinson's Support

Group Touchmark on West

Prospect

2601 Touchmark Dr Appleton, WI 54914

Third Thursday @ 2:30 pm Garden Dining

Room (920) 832-9100

Appleton - Empowered by Movement Exercise Class

Touchmark on West Prospect

2601 Touchmark Dr Appleton, WI 54914

Thursdays @ 1pm Health & Fitness Studio

Contact Lisa Pritzl

[lisa@empowermentdance.com](mailto:lisa@empowermentdance.com)

<https://empowermentdance.com/classes/empowered-by-movement/>

Duluth (Minnesota) – Parkinson’s Support Group

YMCA at the Essentia Wellness Center, 4289 Ugstad Road, Hermantown, MN 55811

Third Mondays of the month from 2:00 – 3:30

Contact: Steve & Kitty Hoden at [stevekittyhoden@gmail.com](mailto:stevekittyhoden@gmail.com)

Bonnie Niemi at [bjniemi@gmail.com](mailto:bjniemi@gmail.com)

Sally Rollins (Young-onset PD) at [salster612@gmail.com](mailto:salster612@gmail.com)

Fond du Lac – Parkinson’s exercise class

Fond du Lac Family YMCA, 90 W. 2nd Street, Fond du Lac, WI

Tuesday and Thursday 10:15am-12noon

Instructor: Joel Mason and Martha Swift

Contact: Joel 920-921-3330 or [masonj@agnesian.com](mailto:masonj@agnesian.com)

Fond du Lac – Dance

Fond du Lac Senior Center, 151 East 1st Street, Fond du Lac, WI

2nd Tuesday at 1:00

Lori Anderson 920-906-4792

Fond du Lac – Movement & Music Parkinson’s Exercise Class

Fond du Lac Senior Center, 151 E 1<sup>st</sup> St., Fond du Lac, WI 54935

2<sup>nd</sup> & 3<sup>rd</sup> Tuesday 2:00-3:00

Instructor: Kate Mann [katemann2606@gmail.com](mailto:katemann2606@gmail.com)

Green Bay – Parkinson’s Mobile & Fit

Aurora BayCare Orthopedic & Sports Medicine Center, 1160 Kepler Drive, Green Bay, WI 54311

920-288-5491 \*Must call for a free consultation before class

Green Bay- Exercising with Parkinson’s

YMCA East Side Branch 1740 Huron Road

Tuesdays & Thursdays at 9:00

\*Spouse/ Care partner has free weekly access to the Y during program time

Contact 920-436-1253 or [Katie.mandell@greenbayymca.org](mailto:Katie.mandell@greenbayymca.org)

Green Bay – Rock Steady Boxing

Western Racquet & Fitness Club, 2500 S. Ashland Ave, Green Bay, WI 54304

Monday, Wednesday and Friday at 1:30pm

920-497-1161 or [westernracquet@rsbaffiliate.com](mailto:westernracquet@rsbaffiliate.com)

Green Bay – Empowered by Movement

Western Racquet & Fitness Club, 2500 S. Ashland Ave, Green Bay, WI 54304

Tuesdays from 1:30 – 2:45pm

920-737-1140 or [lisa@empowermentdance.com](mailto:lisa@empowermentdance.com)

Green Bay – Support group

Brown County Aging and Disability Resource Center, 300 South Adams Street

2nd Wednesdays at 3 pm

920-448-4300

Green Bay – Support group

Saints Edward and Isidore Parish, 3667 Flintville Road, Green Bay, WI 54313

3rd Tuesday of every month at 1-2:30 pm

Contact: Carol Mueller, RN at 920-865-7844

Kiel – Movement & Movement Parkinson's Exercise Class

Kiel Community Center, 510 3<sup>rd</sup> St., Kiel, WI, 53042

Mondays 1:00-2:00

Instructor: Michelle Jens

To Register: Missy Brandt 920-894-7861 or [missy.brandt@kielwi.gov](mailto:missy.brandt@kielwi.gov)

Kimberly – Pedaling for Parkinson's

Heart of the Valley YMCA, 225 W Kennedy Ave, Kimberly WI 54136

Tuesdays and Thursdays 11 am – 12 pm

Fee: \$45 (member) \$60 (non-member) for 8-week program

Contact: Paula Beyer 920-830-5700

Manitowoc – Exercise class

Manitowoc Two Rivers YMCA, 205 Maritime Drive, Manitowoc, WI 54220

Contact: Candy Ruffolo 920-482-1578 [cruffolo@mtrymca.org](mailto:cruffolo@mtrymca.org) or Krystal Otto 920-482-

1523 [kotto@mtrymca.org](mailto:kotto@mtrymca.org)

\*Class options change regularly, check the website or call to view current class schedules

Manitowoc – Exercise class

1650 South 41<sup>st</sup> Street, Manitowoc, WI 54220

Monday & Thursday at 12:30 and 1:30

Contact: 920-320-4600

Marinette – Support group

Harbors Retirement Community, 1110 10th Avenue, Menominee, MI 49858 (across the river from Marinette)

3rd Thursday at 10-11:15am

Contact: Pat Ihler 906-863-9445 or the front desk at 906-863-3300

Neenah – Support group

Neuroscience Group (2nd Floor Classroom), 1305 W. American Drive, Neenah, WI 54956

4th Thursday at 2-4pm

Contact: Patrick Pelkey 920-538-0144

Oshkosh – Rock Steady Boxing

Oshkosh Community YMCA, 3303 West 20<sup>th</sup> Avenue, Oshkosh, WI  
54901 Monday and Wednesdays at 9:30-10:45am

920-230-8439

\*They also host a support group for people with PD and caregivers that meets quarterly, call for details.

Sheboygan – Support group

Manitowoc Senior Center, 4612 Hunter's Glen Drive, Sheboygan, WI 53803  
Support groups times/dates subject to change

Call Cathy Hughes 920-287-1514 or Burt Hughes 920-889-2293

Sturgeon Bay – Parkinson's exercise class

Door County YMCA, 1900 Michigan Avenue, Sturgeon Bay, WI 54325  
Tuesday and Thursday at 2:15-3:15pm

Contact: YMCA 743-4949

Sturgeon Bay – Support group

Sturgeon Bay United Methodist Church, 836 Michigan Street, Sturgeon Bay, WI 54325

2<sup>nd</sup> Wednesdays at 1:00

Contact: Carol Moellenberndt 920-743-3476

### Northwest Region

*Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Clark, Douglas, Dunn, Eau Claire, Jackson, Pepin, Pierce, Polk, Rusk, Sawyer, St. Croix, Taylor, Trempealeau and Washburn counties.*

Chippewa Falls \_ Support group

Trinity United Methodist Church, 501 West Central Street, Chippewa Falls, WI  
1st Tuesdays at 1:30pm

Contact: Kathy Beyreis [krbeyreis@gmail.com](mailto:krbeyreis@gmail.com) 715-651-8885 or Sharon St. Clair  
[shar820@live.com](mailto:shar820@live.com) 715-239-5519

Chippewa Falls – Movement & Music Parkinson's Exercise Class

In-person & virtual

Trinity United Methodist Church, 201 W central St, Chippewa Falls, WI, 54729  
Thursdays 11:00-12:00

Instructor: Ellen Dovre [ellendovre@gmail.com](mailto:ellendovre@gmail.com)

Duluth, MN – Yoga for Parkinson's  
5628 Grand Ave  
Class schedule varies, call for details  
Teresa [inharmony.life@gmail.com](mailto:inharmony.life@gmail.com) 218-391-8778

Eau Claire – Rock Steady Boxing  
L.E. Phillips Senior Center, 1616 Bellinger Street, Lower Level  
Monday, Wednesday & Friday at 9:15, 10:45 and 12:00  
Contact: Allison Triebold at 715-760-2763 or [rtbfitness2@gmail.com](mailto:rtbfitness2@gmail.com)

Eau Claire – Support group  
UW Eau Claire Human Science and Services Room 177  
3rd Tuesday at 1-3pm  
Contact: Jamie Wright 715-717-3147

Eau Claire – Lewy Body caregiver support group  
Porter Place, 14 Porter Ave.  
2nd Wednesday at 6-8pm  
Contact: Amy Lokken 715-379-3148

Menominee – Support group  
Harbors Retirement Community, 1110 10th Avenue, Menominee, MI 49858 (across the river  
from Marinette)  
3rd Thursday at 10-11:15am  
Contact: Pat Ihler 906-863-9445

Webster – Caregiver support group  
Location alternates between Webster and Grantsburg every other month  
Larsen Family Public Library, 7401 Main Street W, Webster WI 54893  
4th Thursday at 2-3pm  
Contact: Bev Sandberg 715-220-3193

### **Southeast Region**

*Kenosha, Milwaukee, Ozaukee, Racine, Walworth,  
Washington and Waukesha counties.*

Brookfield \_ Boxing  
Wisconsin Athletic Club (WAC), 20075 Water Tower Blvd, Brookfield, WI 53045  
Tuesday at 1  
262-544-4111

Brookfield – Support group  
Badger Hospice 125 N Executive Dr.

1st Thursday at 2:00pm  
Contact: 414-312-6990

Brown Deer – Parkinson’s exercise class  
Rite Hite YMCA, 9250 N. Green Bay Road, Brown Deer, WI 53209  
Monday and Wednesday 1:30-3pm  
Contact: Paolina Palmisano [ppalmisano@ymcamke.org](mailto:ppalmisano@ymcamke.org) (414) 357-2854

Brown Deer – Parkinson’s Boxing class  
Rite Hite YMCA, 9250 N. Green Bay Road, Brown Deer, WI 53209  
Fridays 2:00-2:45  
Contact: Josh Conlon [jconlon@ymcamke.org](mailto:jconlon@ymcamke.org) (414) 357-2809

Burlington – Movement & Music Exercise Class  
Burlington Senior Center, 587 E State St, Burlington, WI, 53105  
Thursdays 1:30 pm  
Instructor: Mary Wood 414-430-3561

Cedar Grove –Support group  
First Reformed Church  
4th Monday of each month from 6:30-8pm  
Contact: Barb Skutka 920-889-9154 or [BSkutka@wi.rr.com](mailto:BSkutka@wi.rr.com)  
\*Serves Sheboygan and Ozaukee Counties

Cudahy – Movement & Music Parkinson’s Exercise Class  
Cudahay Senior Center, 6100 S Lake Dr, Cudahay, WI 53110

Franklin and Muskego – Parkinson’s exercise class  
Franklin High School (Multi-Purpose Room), 8222 South 51st Street, Franklin, WI 53132  
Wednesday 4-5PM [MORE INFO](#)  
Instructor: Mary Spidell 414-430-3561  
Fee: \$32 Franklin Residents / \$48 Non-Resident  
Contact: [Online](#) or call Franklin Community Education & Recreation Dept. 414-423-4646

Greenfield – Combat PD  
Wisconsin Athletic Club, 5020 S. 110th Street, Greenfield, WI  
Thursdays 10:30am  
414-427-6500

Hartland – Rock Steady Boxing  
Lake Country Racquet & Athletic Club, 560 S. Industrial Drive, Hartland, WI  
262-367-4999 or [lakecountry@rsbaffiliate.com](mailto:lakecountry@rsbaffiliate.com)

Kenosha – Care Partner Support Group

Kenosha Senior Living, 3109 30<sup>th</sup> Ave, Kenosha, WI  
53144 First Wednesday of every month at 3:00 pm

To RSVP contact Stephanie at 262-234-7285 or [stephanie.dishno@pleasantpointsl.com](mailto:stephanie.dishno@pleasantpointsl.com)

Lake Geneva – Rock Steady Boxing

Geneva Lakes YMCA, 203 S. Wells Street, Lake Geneva, WI  
Tuesday, Thursday and Friday at 10:30-12pm

262-248-6211 or [genevalakes@rsbaffiliate.com](mailto:genevalakes@rsbaffiliate.com)

Lake Geneva – Support group

Geneva Lakes YMCA (Multi-generational Room), 203 S. Wells Street, Lake Geneva, WI

1<sup>st</sup> Thursday at 11:30-12:30pm

Contact: 262-248-6211

Milwaukee – Caregiver support group

St. Ann Center for Intergenerational Care-Stein Campus, 2801 E. Morgan Avenue, Milwaukee,  
WI 53207

Caregiver support \_1st and 3rd Wednesdays at 1:00

414-977-5000

New Berlin – Young- Onset support group

FastBack Physical Therapy, 3333 South Sunny Slope Rd, New Berlin, WI 53151

3<sup>rd</sup> Wednesday at 6:30pm

Contact: Patrick Barron 262-682-1842

New Berlin – Rock Steady Boxing & Dance

FastBack Physical Therapy, 3333 South Sunny Slope Rd, New Berlin, WI 53151

RSB Tuesdays & Thursdays 11/12:15/5:45

Dance Mondays at 11

Contact: Patrick Barron 262-682-1842

Pewaukee–Rock Steady Boxing

ProHealth West Wood Health and Fitness Center, 2900 Golf Road Pewaukee, WI 53072

Mondays and Wednesdays at 1pm

Contact: Anne Barber, 262-513-7209, [abarber@westwoodfitness.org](mailto:abarber@westwoodfitness.org)

Racine – Exercise class

Racine Family YMCA, 8501 Campus Drive, Mt Pleasant, WI 53406

Fridays at 1:30-2:30pm and 2:45-3:45pm

Contact: 262-634-1994

Watertown- Movement & Music Parkinson's Exercise Class

Watertown Area YMCA 415 S. 8<sup>th</sup> St., Watertown, WI, 53094

Tuesdays 11:45

Instructor: Joy Cochran 307-631-3414 or [joyexplorations@gmail.com](mailto:joyexplorations@gmail.com)



Waukesha – Parkinson’s exercise class  
YMCA Waukesha, 320 East Broadway, Waukesha, WI 53186  
Mondays and Wednesdays at 1  
Contact: 262-542-2557

Wauwatosa – Exercise Class  
Froedtert & Medical College of Wisconsin, Community Conference Center, 8700 Watertown  
Plank Road, Wauwatosa, WI 53226  
Monday & Wednesdays. Call for times.  
Contact: 414-805-3666

Wauwatosa – Young Onset support group  
Froedtert & Medical College of Wisconsin, Community Conference Center, 8700 Watertown  
Plank Road, Wauwatosa, WI 53226  
3<sup>rd</sup> Wednesday at 6:30-8pm  
Contact: 414-312-6990

West Allis – Rock Steady Boxing  
Rock Steady Boxing Milwaukee, 9730 W. Greenfield Avenue, West Allis, WI 53214  
Tuesdays and Thursdays at 11:00 and 12:30  
262-325-0272 or [milwaukee@rsbaffiliate.com](mailto:milwaukee@rsbaffiliate.com)

West Allis – Support group  
Aurora West Allis Memorial Hospital (Women’s Center, Lavender Room), 8901 West Lincoln  
Avenue, West Allis, WI 53227  
4th Tuesday at 6:00 pm, No meetings in July, August and December  
Contact: Mary Donovan 414-405-0532 [marydonovan@aol.com](mailto:marydonovan@aol.com) or Sue Biesk 262-642-  
2150 [tbieszk@wi.rr.com](mailto:tbieszk@wi.rr.com)

West Bend – Parkinson’s exercise class  
Kettle Moraine YMCA at River Shores, 705 Village Green Way, West Bend, WI  
Tuesdays and Fridays at 1:30-3pm  
Instructors: 262-247-1050

West Bend – Rock Steady Boxing  
Rock Steady Boxing West Bend, 3130 Newark Drive, West Bend, WI  
262-909-0602 or [westbend@rsbaffiliate.com](mailto:westbend@rsbaffiliate.com)

West Bend – Support group  
Cedar Community, 113 Cedar Ridge Drive, West Bend, WI 53095

3rd Monday at 1pm  
Contact: Gary Schilling 262-388-0522

Whitefish Bay – Dance  
Jewish Community Center, 6255 North Santa Monica Boulevard, Whitefish Bay, WI 53217  
Tuesdays & Thursdays at 2  
Contact: [pdancewi@gmail.com](mailto:pdancewi@gmail.com) or 414-964-4444

### Southwest Region

*Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Jefferson, Juneau, La Crosse, Lafayette, Monroe, Richland, Rock, Sauk and Vernon counties.*

Baraboo \_ Boxing  
Pulse Fitness & Training, 501 Hitchcock Street, Baraboo, WI 53913  
Tuesdays and Fridays at 10-11:30am  
Contact: Sylvia 608-356-7096 or Geri 608-356-3473

Baraboo – Support group  
First Congregational United Church of Christ, 131 Sixth Avenue, Baraboo, WI 53913  
3rd Monday at 2pm  
Contact: Sylvia Kriegl 608-356-7096 or Geri Schoenoff 608-356-3473

Beaver Dam – Rock Steady Boxing  
Martial Art America, N7169 E. Plaza Drive, Beaver Dam, WI 53916  
Monday and Friday at 9:00  
Contact: 920-210-1541

Beloit – Rock Steady Boxing & Body in Motion  
Rock Steady Boxing SOL Beloit, 1201 Big Hill Ct., Beloit, WI  
Class times vary  
Contact: 608-302-7088

Beloit – Caregiver support group with emphasis on Dementia  
Sun Valley Presbyterian Church, 1650 Sun Valley Drive, Beloit WI 53511  
2nd and 4th Tuesdays at 1-3:00pm  
Contact: Karen Tennyson 608-741-3615

Dubuque, IOWA – Parkinson's Support Group for those with PD and Care Partners  
Stonehill Caregiver Building, lower level, 3485 Windsor Ave., Dubuque, IA, 52001  
4<sup>th</sup> Saturdays at 10:00 a.m.  
Contact: Gerald Osterhaus at 563-582-7313 or Judy at [judyosterhaus@gmail.com](mailto:judyosterhaus@gmail.com)

Dodgeville – Support Group

Upland Hills Health Hospital, 800 Compassion Way, Dodgeville WI  
3<sup>rd</sup> Wednesdays from 12:00 –1:30pm  
Contact: Jan Prince 608-574-4838

Dodgeville – Exercise Class

Upland Hills Health Hospital, 800 Compassion Way, Dodgeville WI  
Mondays & Wednesdays from 11:00 – 11:45 am  
Contact: Sheldon 608-886-3269

Eau Claire–Rock Steady Boxing (St, Croix Valley)

L.E. Phillips Senior Center, Lower Level, 1616 Bellinger Street  
Contact Allison Triebold at [rtbfitness3@gmail.com](mailto:rtbfitness3@gmail.com) or 715-760-2763  
Level One Classes Monday, Wednesday and Friday at 9:15 & 10:30  
Level two at noon  
Zoom available at 9:15

Fitchburg – Support group for care partners & support group for people with PD

\*These are two separate groups that meet at the same time.

The Courtyard at Fitchburg, 5669 Wilshire Drive, Fitchburg, WI 53711  
4th Wednesday of each month at 1:00 p.m.  
Contact: Karen Jeffers 608-886-6711

Fitchburg – Rock Steady Boxing

Bakke Athletics, 2881 Commerce Park Drive, Suite B, Fitchburg, WI 53719 Call for times  
Contact: Kjersten Bakke 608-276-8074 [contact@hybridathleticclub.com](mailto:contact@hybridathleticclub.com)

Hartford – Parkinson’s exercise class

Aurora Medical Center Washington County, 1032 E. Sumner Street, Hartford, WI  
Friday at 12:00pm  
262-670-7233

Janesville – Rock Steady Boxing & Body in Motion

SOL Fitness, 2100 E. Milwaukee Street, Janesville, WI  
Various times  
Contact: Connie Udell 608-302-7088

Janesville – Support group

Oak Park Place, 700 Myrtle Way, Janesville, WI  
1<sup>st</sup> Wednesday at 2-3pm  
Contact: Connie Udell at 608-302-7088

La Crosse – EXPAND Program movement disorder exercise class

UW La Crosse Physical Therapy Clinic, 1725 State Street, La Crosse, WI  
Monday and Wednesday: 12noon-1pm, 2:15-3:15pm, 3:30-4:30pm or 4:30-5:30pm  
Instructors: Physical therapy students  
Contact: Ingra Culppert 608-785-5072 [iculppert@uwlax.edu](mailto:iculppert@uwlax.edu)

La Crosse Support Group

Black River Beach Neighborhood Center, 1433 Rose Street, La Crosse

Contact for times and dates of meetings

Contact: Bri Holden [info@starcenterlacrosse.org](mailto:info@starcenterlacrosse.org) 608-797-6295

Madison YAFYA presents: Yoga for People with Parkinson's Quarry Arts Building,  
715 Hill St, Room 170, Madison, WI Classes  
go in cycles, call for details

Contact: [info@yafayoga.org](mailto:info@yafayoga.org) or Register at <https://yafayoga.org/current-classes>

Madison-Parkinson's exercise class

UW Health Research Park Clinic, 621 Science Drive, Madison, WI

Classes go in cycles, call for details

608-263-7936

Madison-Dance

Various classes and locations

info [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org)

Madison\_ Support group

Brookdale Madison West Senior Living, 429 S Yellowstone Drive, Madison

last Tuesday at 1pm \*Held virtually and via Zoom

Contact: 608-234-2996

Madison -Ping Pong **Parkinson's** exercise class \*includes juggling, facila stretches  
and vocal exercises.

East Madison Community Center Gym, 8 Straubel Court, Madison, 53704 Thursdays

10:00 am 11:30 am

Sundays 2:00 pm- 3:30 [pppmadisonwi@gmail.com](mailto:pppmadisonwi@gmail.com)

Middleton\_Living Wellwith **Parkinson's**

Cardinal View Senior Living, 3820 Tribeca Dr, Middleton, WI 53562

4th Tuesdays of each month at from 2:00-3:00

Contact: Bill Ryan at [ryanwilliam@gmail.com](mailto:ryanwilliam@gmail.com) 608-334-7735

This program will be a half an hour meeting of support followed by a half an hour  
dedicated to wellness. Topics may cover exercise, nutrition, and more with hands on  
activities.

Middleton -**Parkinson's** exercise class

Harbor Wellness Studios, 2711 Allen Boulevard, Middleton, WI 53562

Parkinson's Fitness Plus Tuesdays at 9:00

PD Fit (in-person and online) Thursdays 11:30  
Contact: 608-821-6501

Monona – Caregiver support group  
Monona United Methodist Church, 606 Nichols Road, Monona, WI 53716  
1st Wednesday at 2-4pm  
Contact: Siv Goulding 608-839-3512 or [jspfgould@gmail.com](mailto:jspfgould@gmail.com)

Oregon – Parkinson’s exercise class  
Oregon Area Senior Center, 219 Park Street, Oregon, WI 53575  
Tuesdays at 10:45am  
Instructor: Rachel Wosta  
Fee: \$5 per class  
Enroll through Stoughton Hospital 608-835-5373

Platteville – Parkinson’s support group  
Southwest Health, Conference Room A, 1400 East Side Rd. 1<sup>st</sup>  
Thursdays at 2pm  
Contact: Nancy Olson [nancyolson.olson3@gmail.com](mailto:nancyolson.olson3@gmail.com) 608 732-7305

Sauk Prairie – Parkinson’s support group  
St. John’s Luthern Church  
3<sup>rd</sup> Monday at 1pm  
Contact: Deb Fanta [debrafanta@gmail.com](mailto:debrafanta@gmail.com) 608-370-6143

Sun Prairie – PWR! Moves exercise group  
Oakwood Village Prairie Ridge Village, 5565 Tancho Dr., Madison, WI, 53718  
Tuesdays and Fridays at 1:00 p.m.  
Contact: 608-230-4594

Stoughton – Parkinson’s exercise class  
Stoughton Community Health and Wellness Center, 3162 County Rd B, Stoughton, 53589 Classes  
go in cycles, call for more information  
Contact: 608-877-3498

Stoughton – Support group  
Stoughton Community Health & Wellness Center, 3162 County Rd B, Stoughton, 53589  
Second Monday at 12:15  
Contact: 608-877-3498

Tomah – Support Group  
Tomah Health Conference Rooms 1 B/C, 501 Gopher Drive

First Tuesdays from 1:00-2:30

Contact: Whitney Sanjari [wsanjari@tomahhealth.org](mailto:wsanjari@tomahhealth.org) or Kristen Gerke  
[kgerke@tomahhealth.org](mailto:kgerke@tomahhealth.org)

Waunakee – Support group

Waunakee Senior Center 333 South Madison Street, Waunakee, WI 53597

3<sup>rd</sup> Thursday at 1:00 Feb-Oct

Contact: Candice Duffek 608-850-5877 [cduffek@waunakee.com](mailto:cduffek@waunakee.com)