

LOCAL PARKINSON'S RESOURCES: INDIANAPOLIS

We hope the Davis Phinney Foundation becomes a go-to resource for tools and information to support you. We also know that having local resources and community you can turn to are critical to living well with Parkinson's. This booklet can get you started!

SUPPORT GROUPS

Anderson – Parkinson's and Stroke Support Group

1st Wednesday from 12:00-1:00pm

Rock Steady Boxing

182 W. 300 North Hartman Rd.

Anderson, IN 46011

Contact: 765-298-4179

Bloomington – Neuro Support Group for Parkinson's, MS and ALS

1st Tuesday at 10:00am

Location disclosed after sign-up

Contact: 812-331-7423

Contact@EquilibriumYogaTherapy.com

Bloomington – Indiana University Speech and Hearing Clinic Support Group

1st and 3rd Fridays from 2:30-3:30pm during fall, spring and summer

Hearthstone Health Campus

3034 North Lintel Dr

Bloomington, IN 47404

Columbus – People with Parkinson's and Care Partner Support Group

4th Monday from 5:30-6:30pm

March-November

Columbus Regional Hospital

Dining Room "D" of cafeteria

940 N. Marr Rd.

Columbus, IN 47201

Contact: Lisa Morris, 812-376-5373

Danville – Parkinson's Support Group with Guest Speakers

1st Thursday from 2:00-4:00pm

Senior Center of Hendricks County

1201 Sycamore Ln.

Danville, IN 46122

Contact: Deana, 317-745-4303

Goshen – Parkinson's Support Group

4th Friday at 10:00am

September-May

Greencroft Community Center

1820 Greencroft Blvd.

Goshen, IN 46526

Contact: Carol Scribner, 574-537-410

Greenfield – Parkinson's Support Group

2nd Monday from 2:30-4:00pm

Hancock Regional Hospital

1870 Fields Blvd.

Greenfield, IN 46140

Contact: Kit Paternoster, 317-462-3758

kitp57@hcssi.org

Greenwood – Caregiver Support Group

2nd Saturday at 10:45am

Mount Pleasant Community Life Center

410 North Bluff Rd.

Greenwood, IN 46142

Contact: 317-888-4679

Greenwood – Climb Support Group

3rd Tuesday at 3:00pm
Mount Pleasant Community Life
Center
410 North Bluff Rd.
Greenwood, IN 46142
Contact: 317-888-4679

**Indianapolis - Indy South Side
Caregivers Support Group**

3rd Monday from 5:30-7:00pm
St. Mark Catholic School
541 E. Edgewood Ave. Room 8
Indianapolis, IN 46227
Contact: Monica, 317-261-3378

**Indianapolis - Parkinson's Support
Group**

1st and 3rd Wednesdays
from 11:00am-12:00pm
Indy Northside 2nd Presbyterian
Church
7700 N. Meridian St.
Indianapolis, IN 46260
Contact: Reverend Marsha
Hutchison, 317-508-3653
marsha2944@aol.com

**Indianapolis - Wabash Valley
Parkinson's Support Group**

3rd Thursday at 5:00pm
Westminster Village North
11050 Presbyterian Dr.
Indianapolis, IN 46236
Contact: Donna, 765-463-2620

**Indianapolis - Young Parkinson's of
Indiana**

Tuesdays 6:00-7:00pm
Rock Steady Boxing Gym
6847 Hillsdale Dr.
Indianapolis, IN 46250
Contact: Kristi Vigliaturo,
317-288-7035
kvigliaturo@att.net

**La Porte - Parkinson's Support
Group**

3rd Tuesday at 2:30pm
Brentwood Assisted Living
2002 Andrew Ave.
La Porte, IN 46350
Contact: Sherri Moorehouse,
219-362-5749

**Lawrenceburg - Dearborn County
Parkinson Support Group**

2nd Monday from 5:30-7:00pm
March-November
Dearborn County Hospital
600 Wilson Creek Rd.
Lawrenceburg, IN 47025
Contact: Maureen Gartner,
513-558-0113
maureen.gartner@uhealth.edu

**Merrillville - Parkinson's Support
Group**

3rd Monday from 12:00-1:30pm
Methodist Hospital Southlake
Pavilion B Conference Room
8701 Broadway
Merrillville, IN 46410
Contact: 219-287-2342

**Muncie - Parkinson's Support
Group of East Central Indiana**

Contact for meeting time.
Riverside Baptist Church
3700 West Riverside Ave.
Muncie, IN 47304
Contact: Jayne Rains, 765-730-1243

**Munster - Munster Community
Parkinson's Support Group**

4th Thursday from 1:00-3:00pm
Munster Community Hospital
901 Macarthur Blvd.
Munster, IN 46321
Contact: Andrea Dance,
219-663-5953

**New Albany - Floyd Memorial
Hospital Parkinson's Support
Group**

1st Tuesday at 6:30pm
Paris Health Education Center
1850 State St.
New Albany, IN 47150
Contact: Donna Mattox,
812-256-5424

**Noblesville - Caregivers Support
Group**

Dates vary.
Contact for meeting time.
Indiana Parkinson's Foundation
LivRite Fitness
14640 Herriman Blvd.
Noblesville, IN 46060
Contact: 317-550-5648

**Portland - Portland Parkinson's
Bridge of Hope Support Group**

4th Saturday at 2:00pm
Trinity United Methodist Church
323 South Meridian St. US 27
Contact: Becci Green, 260-729-2567
Portland, IN 47371

**South Bend Michiana - Parkinson's
Support Group**

1st Monday from 1:00-3:00pm
St. Joseph's Medical Center
707 Cedar St.
South Bend, Michiana 46601
Contact: Dawn Hatch, 574-262-1739

**Warsaw - Parkinson's Support
Group**

2nd Friday from 6:30-7:30pm
Kosciusko Community Hospital
HR meeting room
2101 Dubois Dr.
Warsaw, IN 46580
Contact: Pam Baucom, 574-370-5709

**West Lafayette - Parkinson's
Education & Support Group of
Greater Lafayette**

4th Friday at 10:00am and
3rd Thursday at 5:00pm
Westminster Village
Live Well Fitness & Rehab Center
2741 N. Salisbury St.
West Lafayette, IN
Contact: Jill Wilkins, 317-823-6841

LOCAL WELLNESS AND EXERCISE CLASSES

Angola

CLIMB Class

Mondays and Wednesdays
from 3:30-4:30pm
Cameron Hospital
416 East Maumee St.
Angola, IN
Contact: 260-667-5163

Bloomington

Dance for PD

Wednesdays from 3:00-4:00pm
Windfall Dancers Studio
1101 North Dunn St.
Bloomington, IN 47408
Contact: Caitlyn Brady,
812-336-2429

LOUD Crowd Group Speech Therapy

Indiana University Speech and
Hearing Clinic
200 S Jordan Ave
Bloomington, IN 47405
Contact: 812-856-4727

Carmel

Carmel Climb Class

Tuesdays and Thursdays
from 1:30-2:30pm
The Barrington of Carmel
1335 S. Guilford Rd.
Carmel, IN 46032
Contact: 317-810-1800

Crown Point

CLIMB Class

Tuesdays and Thursdays
from 12:00-1:00pm
1200 Luther Dr.
Crown Point, IN
Contact: 219-661-3362
sambrown@lulife.org

Elkhart

CLIMB Class

Elkhart Health and Fitness
200 E. Jackson Blvd.
Elkhart, IN

Evansville

Delay the Disease Class

Mondays from 1:30-2:30 pm
Deaconess Cross Pointe Gym
7200 East Indiana St.
Evansville, IN 47715
Contact: 812-450-5500

Fort Wayne

Fort Wayne CLIMB Class

Tuesdays from 1:00-2:00pm and
Thursdays from 11:30-12:30pm
Parkview Randillia Campus
2200 Randallia Dr.
Ft. Wayne, IN
Contact: Diana Keller,
260-373-4151
diana.keller@parkview.com

Speech Therapy Classes

Mondays and Wednesdays
from 9:00-10:15am
Turnstone Center
3320 North Clinton St.
Fort Wayne, IN 46805
Contact: 260-486-4893

Exercise Therapy Class

Mondays and Wednesdays from
10:30-11:30am
Turnstone Center
3320 North Clinton St.
Fort Wayne, IN 46805
Contact: 260-486-4893

Granger***Granger CLIMB Class***

Mondays and Wednesdays
at 5:00 pm
Beacon Health & Fitness
3221 Beacon Pkwy.
Granger, IN 46530
Contact: 574-647-2597

Greenwood***Greenwood Climb Class***

Tuesdays from 4:00-5:30pm
Thursdays from 2:00-3:30pm
Saturdays from 10:45-12:15pm
Mount Pleasant Community Life
Center
410 North Bluff Rd.
Greenwood, IN 46142
Contact: Penny Clayton,
317-881-6727
pclayton@mpccminstry.com

Indianapolis***Chair Exercise Class***

Wednesdays at 2:00pm
Morningside of College Park
8810 Colby Blvd.
Indianapolis, IN 46268
Contact: 317-872-4567

CLIMB Class

Tuesdays from 2:00-3:00pm and
Thursdays at 10:00am
Westminster Village North
11050 Presbyterian Dr.
Indianapolis, IN
Contact: 317-823-6841 ext 1051

CLIMB Class

Tuesdays and Fridays
from 1:00-2:00pm
Stonecrest of Meridian Hills
8549 N. Meridian St.
Indianapolis, IN
Contact: 317-253-2020

Indy Westside CLIMB Class

Mondays and Wednesdays
at 1:00pm
Westside Garden Plaza
8616 West 10th St.
Indianapolis, IN 46234
Contact: 317-209-2321
trclick@centurypa.com or
jggervasi@centurypa.com

Moving For Better Balance Class

Contact for class meeting time.
YMCA of Greater Indianapolis
615 N. Alabama St. Suite 200
Indianapolis, IN 46204
Contact: 317-269-6004

Physical Therapy Class

Wednesdays at 12:00pm
11050 Presbyterian Dr.
Indianapolis, IN 46236
Contact: Dave Bird, 317-823-6841

Rock Steady Boxing

Mondays and Wednesdays
from 2:30-4:00pm

Tuesdays and Fridays from
3:00pm-4:30pm

Jewish Community Center
6701 Hoover Rd.

Indianapolis, IN 46260

Contact: Mike Melton, 317-715-9226

jccindy@rsbaffiliate.com

Rock Steady Boxing

Tuesdays and Fridays
from 11:00am-12:30pm

Rock Steady Boxing Gym
6847 Hillsdale Dr.

Indianapolis, IN 46250

Contact: Gary Appleton,

317-288-7035

gwcmapple@gmail.com

Tai Chi for Everyday

Mondays, Tuesdays and Wednesdays

Contact for class meeting time.

3 different class levels

Body Zone at Community Hospital

6991 Hillsdale Ct.

Indianapolis, IN 46250

Contact: Christine Bhe, 317-601-0206

christine@bhedesign.com

Kokomo

Rock Steady Boxing

Mondays, Wednesdays and Fridays

PD levels 1&3 from 10:00-11:30am

PD levels 3&4 from 1:00-2:30pm

114 North Union St.

Kokomo, IN 46901

Contact: Hannah Treadway,

765-457-4447

kokomoymca@rsbaffiliate.com

Mishawaka

Delay the Disease Class

Contact for class meeting time.

Thursdays, July-October

Sprenger Healthcare

60257 Bodnar Blvd.

Mishawaka, IN

Contact: 574-222-1234

Newburgh

Delay the Disease Class

Thursdays from 3:00-4:00pm

St. Vincent Wellness Center

100 St. Mary's Epworth Crossing

Newburgh, IN 47630

Contact: 812-485-5725

Noblesville

Noblesville Climb Class

Monday-Friday from 11:00-1:00pm,

Thursdays from 5:30-6:30pm

LivRite Fitness Community Health

Pavillion Building

14640 Herriman Blvd.

Noblesville, IN 46060

Contact: 317-550-5648

South Bend

South Bend Climb Class

Tuesdays and Thursdays at 11:00am

Beacon Health & Fitness

111 West Jefferson Blvd. Suite 300

South Bend, IN 46601

Contact: 574-647-2653

sstrefling@beaconhealthsystem.com

PARTNERS

Indiana Parkinson Foundation

The Indiana Parkinson Foundation is a non-profit foundation dedicated to providing hope for those diagnosed with Parkinson's as well as their caregivers. Our mission is to improve the daily lives of those with Parkinson's through research-based exercise and support systems. We accomplish our mission with our CLIMB exercise program, support groups and resources.

www.IndianaParkinson.org



Parkinson's Awareness Association of Central Indiana

PAACI's mission is to educate and support the Parkinson's community and the general public on issues affecting people with Parkinson's disease and their care partners. PAACI accomplishes this by hosting educational symposia, sending out information packets, newsletters and assisting other support groups.

www.PAACI.org



Rock Steady Boxing

Rock Steady Boxing empowers and enables people with Parkinson's to fight their disease by providing non-contact, boxing-style fitness programs that improve their quality of life, sense of self-efficacy and self-worth.

www.RockSteadyBoxing.org





DAVIS PHINNEY
Foundation For Parkinson's
every victory counts®

davisphinneyfoundation.org
(866) 358-0285
contact@dpf.org