WellnessWorks
Exercise Programs

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

Exercise classes are conducted over Zoom and taught live by instructors trained in the needs of Movement Disorders. Fall session: August 11th – November 9th, 2025

WellnessWorks classes are open to people with Parkinson's and related disorders. Care partners can participate alongside loved ones in exercise classes at no cost, with the exception of "Self-Care for Care Partners," which requires care partners have their own basic membership. To register for a single 3-month session or for a full year, use **THIS LINK** or contact wellnessworks@bidmc.harvard.edu.

BASIC MEMBERSHIP: $45.00 per month - Allows access to ONE class per week (4 to 5 classes per month). You can take the same class each week, or experiment with different classes each week.

FULL MEMBERSHIP: $85.00 per month - Allows access to any of our classes each week, no limit to the number. There is a possibility that we may have to limit enrollment to certain classes IF any classes become too large.

SPONSOR MEMBERSHIP: $125.00 per month - Allows access to any # of classes each week, while providing much-needed additional funds to help cover expenses of our wellness programs. We hope that those who can be a sponsor will generously consider doing so.



Dynamic Yoga

The Program: Yoga improves posture, balance and gait, in addition to providing greater physical confidence and peace of mind. Classes include seated options for those who prefer to use chairs for postural support, and standing options for those who are comfortable rising from the floor.

When: **Options include Wednesdays and Fridays, 10:00 – 11:00 AM**
Instructor Video: Dynamic Yoga Introduction



Tai Chi

The Program: This class consists of gentle movements and mind-body exercises to improve balance, strength, flexibility, coordination and other areas impacted by PD. Participants stand for most of the 60-minute class.

When: Tuesdays, 7:00 – 8:00 PM
Instructor Video: Tai Chi Introduction



Rock Steady Boxing

The Program: This high-intensity class offers non-contact, boxing-inspired workouts. Exercises focus on agility, balance, coordination, footwork and strength. The pace is set by the participant and every move has modifications.

When: **Options include Mondays, Wednesdays and Fridays, 11AM – 12PM**
Instructor Video: Rock Steady Boxing Introduction



Nia® Moving to Heal: A Balanced Workout

The Program: Taught by a Nia® and experienced PD instructor, this class helps joyfully increase strength, mobility, flexibility and balance. It is taught with seated and standing choices and is set to fun and engaging music that you will love moving to.

When: **Tuesdays, 1:30 – 2:30 PM**
Instructor Video: Nia Moving to Heal Introduction



Self-Care for Care Partners

The Program: Reduce stress, build community and practice self-care. This class is part support group, part meditation. We begin each session by sharing care partner experiences, rewards and challenges. We end each session with a period of seated, guided meditation (requires no prior experience). Care partners must have their own basic membership to join this group.

When: **Options include Wednesdays, 4:30 – 5:30PM or Thursdays, 9:00 – 10:00 AM**

WellnessWorks
Networking Groups

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Free, Remote Networking Programs

In addition to exercise classes, WellnessWorks holds a variety of online networking programs for people with Parkinson's or a related disorder. All programs are conducted over Zoom and are free of charge. Below is a list of our current programs. We often add new programs and host stand-alone educational events that are not included on this flyer; please join our mailing list to stay up-to-date on all WellnessWorks activities.

Contact wellnessworks@bidmc.harvard.edu for more information on these programs.



Calling All Artists

The Program: "Calling All Artists" brings artists with PD together to facilitate support, discussion and networking. Meetings are open to new members; artists of all kinds and varying skill levels are welcome. Join us for this "beyond the pill box" way to maintain your wellness and continue to enjoy your artistic pursuits.

When: Meets every 1-2 months. Email wellnessworks@bidmc.harvard.edu **to RSVP**



Museum of Fine Arts Tours

The Program: Our Parkinson's Foundation Center of Excellence collaborates with the Museum of Fine Arts Boston Community Access Program to offer monthly remote tours of selected art pieces to people with Parkinson's and related disorders. Occasionally, these tours are held in person at the Museum of Fine Arts Boston. Space is limited for in-person tours.

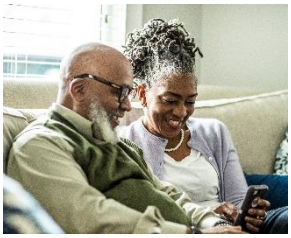
When: Monthly; 4th Monday of the month. Email wellnessworks@bidmc.harvard.edu **to RSVP**



For and About Women

The Program: This networking group brings women with Parkinson's together to share experiences, perspectives and strategies for daily living. Meetings promote recognition of issues unique to women with PD. Periodically, guest speakers are featured to offer their expertise on relevant topics. Join us to build community within a strong group of women!

When: Meets every 1-2 months. Email wellnessworks@bidmc.harvard.edu **to RSVP**



Managing the Middle Years

The Program: This discussion group brings people with Parkinson's together to consider the challenges of the Parkinson's "middle years," when medications may no longer be as effective and new PD symptoms may lead to additional lifestyle changes. Discussion is facilitated by Lissa Kapust, LICSW, and two individuals with PD who are in their "middle years."

When: Meets every 2-3 months. Email wellnessworks@bidmc.harvard.edu **to RSVP**



Young People with Parkinson's [Collaborative Program with MGH]

The Program: Are you 50 years or younger and diagnosed with Parkinson's? These meetings, jointly hosted by the BIDMC & MGH Parkinson's Foundation Centers of Excellence, provide an opportunity discuss the unique challenges that come with a young PD diagnosis. Meetings are facilitated by Lissa Kapust, LICSW and Katrina Rudd, LICSW.

When: Meets every 2-3 months. Email wellnessworks@bidmc.harvard.edu **to RSVP**



Parkinson's: It's a Family Affair [Program for Adult Children]

The Program: Being an adult child whose parent has Parkinson's or a related disorder (such as MSA, PSP or LBD) can be both challenging and rewarding. This special program for adult children provides an opportunity to connect with others, ask questions and plan for the current and future needs of your parent. Meetings are facilitated by Lissa Kapust, LICSW and often feature an expert speaker from our multidisciplinary team.

When: Meets twice per year. Email wellnessworks@bidmc.harvard.edu **to RSVP**

Learn the Ropes

The Program: This free, virtual program provides an overview of the many services offered by our Parkinson's Foundation Center of Excellence. It is intended for those who are new to our center, but anyone interested in learning more about our educational, wellness and clinical programs is welcome to attend. Local resources are also provided.

When: Variable. Email wellnessworks@bidmc.harvard.edu **to join the next meeting**

The following programs are not included in a WellnessWorks membership and have a separate, associated fee. If the cost presents a burden, please contact us.

JCC Care Partner Virtual Support Group

The Program: This networking group reflects a collaboration between the BIDMC Parkinson's Foundation Center of Excellence and the JCC Greater Boston. It is facilitated by Lissa Kapust, LICSW and meets virtually. Group size is limited. **There is a fee for participation.** Email wellnessworks@bidmc.harvard.edu for more information.

JCC Greater Boston Parkinson's Wellness Programs

The Program: In collaboration with BIDMC, the JCC Greater Boston offers online and in-person Parkinson's wellness classes. Class options include cycling, table tennis, pole walking and more! Contact wellness@jccbgb.org or 617-558-6459 for more information on program offerings and **membership fees**.

Rock On! Rock-Climbing

The Program: WellnessWorks collaborates with Central Rock Gym in Watertown, MA to bring indoor rock-climbing to people with Parkinson's or a related disorder. Classes run weekly on Tuesdays from 1-3PM. For more information, email wellnessworks@bidmc.harvard.edu. **Fee: $75/month** (includes membership to Central Rock Gym for climbing outside of program time).

PD Golf: Putting and Driving

The Program: For those with a passion for golf, join us to learn techniques and improve your game! This program runs twice a year, September and May. Clinics are taught by Bob Beach, PGA at the Leo J. Martin Memorial Golf Course in Weston, MA. Care partners are welcome to participate! **There is a one-time fee of $75 for the 3-week session**. For session dates, email wellnessworks@bidmc.harvard.edu.

Picklin' Parkies Pickleball for PD

The Program: BIDMC collaborates with Longfellow Club (140 Great Plain Ave, Wellesley, MA 02482) to offer a safe, organized environment for people with Parkinson's to play pickleball. **Clinics are held Thursdays at 2PM, are $35 each** and are supervised by professional coaches! Please contact David McNaughton & Sam Williams at 781-705-2300 to participate.