

CLASSES



Maryland
Association for
Parkinson
Support

Find your way with us.

PROGRAM / CLASS	LOCATION	DAY / TIME	CONTACT TO REGISTER
Aquatics	MedStar/Good Sam at The League 111 East Cold Spring Lane Baltimore, MD 21239	Friday 11:30-12:30	☎ 443-444-4600
Parkinson's Exercise Program (PEP)	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	Monday, Wednesday, Friday 11:30-12:30 (<i>in person</i>) Tuesday & Thursday 11:30-12:30 (<i>Zoom</i>)	Contact Ken Jones ☎ 443-580-7636 ✉ Kenjones423438@gmail.com
Pedaling	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	3 rd Tuesday of each month 12:00-1:00	Contact Jess Monaghan ✉ jessica@myerberg.org
Shake Rattle and Stretch	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	Monday & Wednesday 12:45-1:15	Contact Jess Monaghan ✉ jessica@myerberg.org
Rock Steady Boxing	MedStar/Good Sam 5601 Loch Raven Blvd O'Neill Building, 2nd floor	Thursday 11:30-12:30	☎ 443-444-4600
Rock Steady Boxing	MAPS at Charm City 1400 Coppermine Terrace Baltimore, MD 21209	Purple Gang (<i>lower intensity</i>) Mon & Wed 1:30-2:30p Green Team (<i>moderate intensity</i>) Mon & Wed 3:00-4:15p Orange Crew (<i>higher intensity</i>) MW 4:30-5:45p & TT 9:00-10:15a	☎ 443-873-0040 ✉ charmcity@rsbaffiliate.com
Rock Steady Boxing	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	Monday & Wednesday 11:45-12:45 (<i>high intensity</i>) 1:15-2:00 (<i>low intensity</i>) Tuesday & Thursday 1:00-2:00 (<i>mixed level</i>)	Contact Jess Monaghan ✉ jessica@myerberg.org
Rock Steady Boxing	MAPS at Therafit Rehab 522 Jermor Lane, Suite 102 Westminster, MD	Tuesday 9:00-10:00 Thursday 9:00-10:00	Contact Madison Zetlmeisl ☎ 410-871-2494 ✉ mzetlmeisl@therafitrehab.com or contact Inbal Neun ☎ 410-562-2048 ✉ infitness@myyahoo.com
Rock Climbing with Parkinson's	Movement Gym 1930 Greenspring Drive Timonium, MD 21093	Sunday 1:30-3:00 Wednesday 9:00-10:30	Contact Jim Cznarecki ☎ 443-315-9128 ✉ czarhouse@verizon.net

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Exercise at FX General Exercise for Parkinson's	Under Armour Performance Center 11270 Pepper Road Hunt Valley, MD 21030	Tuesday & Thursday 10:30-11:30	☎ 410-771-1500
CarePartner Support Group <i>(in person)</i>	Towson Unitarian Universalist Church 1710 Dulaney Valley Road Room 6	1 st Friday of each month 12:30-2:30	Contact Julie Ann Dobbs ☎ 410-746-6349 ✉ Jdobbs02@comcast.net
Parkinson's Caregiver Group	<i>(Zoom) Register for link</i> "When your Loved One has PD"	3 rd Thursday of each month 10:00-11:00	Contact Beth Hecht ☎ 410-843-7456 ✉ bhecht@jcsbaltimore.org
Support Group "Living with Parkinson's Disease"	<i>(Zoom) Register for link</i>	2 nd Tuesday of each month 2:00-3:00	Contact Michelle Goldberg ☎ 410-843-7355 ✉ mgoldberg@jcsbaltimore.org
Support Group "Parkinson's? We Got It!"	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	2 nd and 4 th Tuesdays of each month 9:00-11:00	Contact Mark Blacker ☎ 443-799-7395 ✉ mbblack1@verizon.net
Support Group	HOCO Office on Aging 9830 Patuxent Woods Drive Columbia, MD 21046	4 th Tuesday of each month	Contact Sheila Baldero ☎ 443-415-3250
Art Class	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	3 rd Tuesday of each month 12:00-1:00	Contact Jess Monaghan ✉ jessica@myerberg.org
Parkinsonsbirds <i>(singing and voice)</i>	Annapolis Friends Meeting Place 351 Dubois Road Annapolis, MD 21401	For rehearsal schedule, please contact Clarissa	Contact Clarissa Ocampo ☎ 443-510-4286 ✉ clarissa@csovoice.com
Mobility, Movement and Rhythm	MAPS at Myerberg 3101 Fallstaff Road Baltimore, MD 21209	Tuesday 11:30-12:30	Contact Martha Nathanson ☎ 443-286-4812 ✉ mamatok@yahoo.com

MAPS provides programs and services that encourage healthy lifestyles for all those affected by Parkinson's Disease. Maryland Association for Parkinson Support, Inc. (MAPS) is a growing grassroots non-profit organization dedicated to providing meaningful programs that will support the entire Parkinson's disease (PD) community.

Sign up for our weekly newsletter at <https://www.marylandparkinsonsupport.org/> to learn about our programs like **Conversations With a Doc**, **Spotlight**, and the **Living with Parkinsons Symposium**.

All MAPS programs are free to attend