

LOCAL PARKINSON'S RESOURCES

Below is a collection of resources specific to the Parkinson's community in Lubbock and the surrounding region, including support groups, exercise programs and wellness classes.

Resources are categorized by type and listed alphabetically by city.

Please contact Southwest Parkinson Society at (806) 725-0941 for more information about these resources unless contact information is otherwise listed.

WEST TEXAS SUPPORT GROUPS

Abilene

1st Thursday, 2:00 pm
West Texas Rehab Center
4601 Hartford St.
Abilene, TX 79605

Amarillo

1st Wednesday, 2:00 pm
Southwest Church of Christ
4515 Cornell St.
Amarillo, TX 79109

Brownwood

3rd Wednesday, 10:30 am
Oak Ridge Manor
2501 Morris Sheppard Dr.
Brownwood, TX 76801

Lubbock

1st Tuesday, 12:00 pm
Knipling Education Center
3514 21st St.
Lubbock, TX 79410

Lubbock

1st Wednesday, 12:00 pm
Alliance Church
5825 34th St.
Lubbock, TX 79407

Lubbock

3rd Thursday, 10:15 am
Covenant Neuroscience Institute
3610 22nd St.
Lubbock, TX 79410

Midland

1st Monday, 6:30 pm
HealthSouth Rehabilitation Hospital
1800 Heritage Blvd.
Midland, TX 79707

Odessa

1st Monday, 1:30 pm
Lincoln Tower
311 W. 4th St.
Odessa, TX 79761

Odessa

1st Tuesday, 1:30 pm
Westminster Presbyterian Church
4901 Maple Ave.
Odessa, TX 79762

Pampa

2nd Tuesday, 6:00 pm
Accolade Home Care
1313 N. Hobart St.
Pampa, TX 79065

EASTERN NEW MEXICO SUPPORT GROUPS

Clovis

2nd Monday, 6:00 pm
Clovis Community College
417 Schepps Blvd.
Clovis, NM 88101

Las Cruces

3rd Tuesday, 10:00 am
Southwest Sport & Spine Center
1181 Mall Dr. Ste. D
Las Cruces, NM 88011

REGIONAL EXERCISE AND WELLNESS CLASSES

Lubbock – Craft Projects

Mondays, 2:00 pm
Shepherd of the Plains Lutheran Church
5812 73rd St.
Lubbock, TX 79424
Contact: (806) 785-2732

Lubbock - Yoga

Wednesdays, 2:30 pm
Hodges Community Center
4011 University Ave.
Lubbock, TX 79413
Contact: (806) 785-2732

Lubbock - Dance

Mondays, 10:00 am
Rawlings Community Center
213 40th St.
Lubbock, TX 79404

Lubbock - Yoga

Tuesdays and Thursdays, 10:45 am
Maxey Park
4020 30th St.
Lubbock, TX 79410
Contact: (806) 767-3796

Lubbock – Exercise

Mondays and Wednesdays, 12:45 pm
Trejo Center
3200 Amherst St.
Lubbock, TX 79415
Contact: (806) 767-2705

Lubbock – Water Exercise

Tuesdays and Thursdays, 9:30 am
Covenant Lifestyle Center
3615 19th St.
Lubbock, TX 79410

Lubbock - Exercise

Mondays and Thursdays, 1:00 pm
Mae Simmons Community and Adult Activity Center
2004 Oak Ave.
Lubbock, TX 79403
Contact: (806) 767-2700

Lubbock - Zumba

Mondays & Thursdays, 10:15 am
Covenant NeuroScience Institute
3610 22nd St.
Lubbock, TX 79410