



Pennsylvania Wellness Programs by City

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

<u>ONLINE</u>		
<u>ALLISON PARK</u>	<u>ERIE</u>	<u>NEW HOPE</u>
<u>ALLENTOWN</u>	<u>EXPORT</u>	<u>NORRISTOWN</u>
<u>ALTOONA</u>	<u>FOREST CITY</u>	<u>OLD FORGE</u>
<u>AMBLER</u>	<u>FURLONG</u>	<u>PAOLI</u>
<u>BERWYN</u>	<u>GLEN MILLS</u>	<u>PHILADELPHIA</u>
<u>BETHLEHEM</u>	<u>HARRISBURG</u>	<u>PHOENIXVILLE</u>
<u>BUTLER</u>	<u>HAZLETON</u>	<u>RADNOR</u>
<u>CAMP HILL</u>	<u>HONESDALE</u>	<u>ROYERSFORD</u>
<u>CARLISLE</u>	<u>LANGHORNE</u>	<u>SAYRE</u>
<u>CHAMBERSBURG</u>	<u>LEBANON VALLEY</u>	<u>SHREWSBURY</u>
<u>CONSHOHOCKEN</u>	<u>LEWISBURG</u>	<u>TUNKHANNOCK</u>
<u>CRESCO</u>	<u>LITITZ</u>	<u>WARMINSTER</u>
<u>DOYLESTOWN</u>	<u>MECHANICSBURG</u>	<u>WERNERSVILLE</u>
<u>EASTON</u>	<u>MILFORD</u>	<u>WYOMISSING</u>

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing NJPA@parkinson.org.

June 2025



Pennsylvania Wellness Programs

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ONLINE

Anyone Can Move

Adaptive movement for singles and couples living with Parkinsons: Balance and Gait, Close Contact for Couples with PD, Qigong and Pranayama

Classes: Link to Website [here](#) to find a class

Contact: Judith Sachs at 609-577-1928 or judith@anyonecanmove.com

Dance With Natalie - dance classes for movement disorders

Meetings: Fridays at 11:00 AM

Contact: Natalie Schultz-Kahwaty, PhD at dancewithnatalie123@gmail.com

Website: www.dancewithnatalie123.com

Parkinson's Wellness Classes

LSVT BIG, Balance & Flexibility, Chair yoga, and PWR! Moves Sequencing

Location: Online

Meetings: Mondays thru Thursdays at 10:00 AM. List of all classes [HERE](#). Note: studio also offers in-person classes in Paoli, PA offered at 12:40 pm Tuesday - Friday

Contact: Jillian Alati at 610-484-6232 or jill@mobilityspecialist.org; Link to Website [here](#)

Dance for PD

Dance for PD is committed to supporting our global community has access to the joys and benefits of dance and music. Our free Zoom classes, streamed from our Flagship program in Brooklyn, NY, allow you to enjoy a live, interactive, community experience from the comfort of home. Whether you're supplementing in-person classes with at-home training or simply prefer to take class online, these free classes bring the Dance for PD experience to you. Our free flagship Zoom classes – with NYC teaching artists – are listed first. Registration opens 15 minutes before the scheduled class time.

Website: <https://danceforparkinsons.org/take-a-class/zoom-classes/>

LOUD Crowd

The WellSpan LOUD Crowd® is a group class that helps people with Parkinson's to maintain their speech and voice skills after completing SPEAK OUT!® therapy. If you are interested in participating or having a loved one participate, you will need to get an order for a speech evaluation from your doctor. Appointments can be made by calling 1-877-REHAB13 (1-877-734-2213). Let them know you are interested in attending the LOUD Crowd® group. Once the evaluation is completed, a recommendation will be made to either join the group or complete a short course of therapy prior to attending.

Meetings: Tuesdays from 1:00 PM – 2:00 PM

Contact: 717-351-2468

Website: <https://www.wellspan.org/wellspan-spotlight/events/11164>

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ALLISON PARK

Rock Steady Boxing @ Pittsburgh FIT4 Boxing Club

Location: Allison Park, PA 15101

Contact: 412-213-3584; Email [here](#). For other locations, click [here](#).

ALLENTOWN

Rock Steady Boxing @ Lehigh Valley

Location: Allentown, PA 18103

Contact: 610-310-4528; Email [here](#). For other locations, click [here](#).

ALTOONA

Rock Steady Boxing @ Altoona

Location: Altoona, PA 16602

Contact: 814-515-1049; Email [here](#). For other locations, click [here](#).

AMBLER

Rock Steady Boxing @ The Becoming Center at Artman

Location: Ambler, PA

Contact: 215-643-9908; Email [here](#). For other locations, click [here](#).

BERWYN

Rock Steady Boxing @ Main Line

Location: Berwyn, PA 19312

Contact: 610-225-2451 x4; Email [here](#). For other locations, click [here](#).

BETHLEHEM

Rock Steady Boxing @ LVHN

Location: Bethlehem, PA 18017

Contact: 610-402-9715; Email [here](#). For other locations, click [here](#).

BUTLER

Rock Steady Boxing @ Butler Legacy Fitness

Location: Butler, PA 16001

Contact: Email [here](#). For other locations, click [here](#).

CAMP HILL

Rock Steady Boxing @ Harrisburg

Location: Camp Hill, PA 17011

Contact: 717-761-3527; Email [here](#). For other locations, click [here](#).

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CARLISLE

Rock Steady Boxing @ Central Penn Wellness

Location: Carlisle, PA 17013

Contact: 717-385-1263; Email [here](#). For other locations, click [here](#).

CHAMBERSBURG

Rock Steady Boxing @ Chambersburg YMCA

Location: Chambersburg, PA 17201

Contact: 717-446-0533; Email [here](#). For other locations, click [here](#).

CONSHOHOCKEN

Rock Steady Boxing @ Conshohocken

Location: Conshohocken, PA

Contact: 215-285-1349; Email [here](#). For other locations, click [here](#).

CRESCO

Dance & Movement at B.A.R.C

A seated, exercise class using dance movements to benefit anyone with chronic diseases including Parkinson's, arthritis, fibromyalgia, trouble with balance, and other movement issues. Gentle dance, rhythm, and stretching movements improve flexibility and focus attention on eyes, ears, and touch as tools to assist in movement, increase muscle memory and balance.

Location: The Friendly Community Center at B.A.R.C, 1200 Route 390, Cresco, PA 18326

Meetings: Tuesdays at 2:00 PM

Contact: Natalie M. Schultz-Kahwaty, PhD at 570-481-4330 or info@thefriendlycommunitycenter.org

DOYLESTOWN

Cornerstone Club Health and Wellness

Multiple Parkinson's programs available: PWR! Moves, RSB, Let's Ride, MOVE - Circuit

Locations: Doylestown, PA 18901

Contact: 215-622-5070; Link to Website [here](#).

Rock Steady Boxing @ Pine Run Village

Location: Doylestown, PA 18901

Contact: 215-340-5179; Email [here](#). For other locations, click [here](#).

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ERIE

Purposeful Movement & Wellness Class at Parkinson Partners of Northwestern PA

Location: Erie, PA

Contact: 814-899-3030; Link to Website [here](#).

EXPORT

Rock Steady Boxing @ Murrysville FIT4 Boxing Club

Location: Export, PA 15632

Contact: 724-575-7486; Email [here](#). For other locations, click [here](#).

FOREST CITY

Comprehensive Physical Therapy, Inc – Parkinson's Programs

Location: Forest City, PA

Contact: Suzanne Atcavage at susieatc@cptrehab.net; Link to Website [here](#).

FURLONG

Rock Steady Boxing @ Cornerstone Clubs

Location: Furlong, PA

Contact: 215-794-3700; Email [here](#). For other locations, click [here](#).

GLEN MILLS

Rock Steady Boxing @ Maris Grove

Location: Paoli, PA 19342

Contact: 610-387-4517; Email [here](#). For other locations, click [here](#).

HARRISBURG

Rock Steady Boxing @ Harrisburg JCC

Location: Harrisburg, PA 17110

Contact: 717-236-9555 x3110; Email [here](#). For other locations, click [here](#).

HAZLETON

Rock Steady Boxing @ Hazleton

Location: Hazle Township, PA 18202

Contact: 570-501-1808; Email [here](#). For other locations, click [here](#).

HONESDALE

Rock Steady Boxing @ Honesdale

Location: Honesdale, PA 18431

Contact: 570-251-3499; Email [here](#). For other locations, click [here](#).

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LANGHORNE

St. Mary's Healthcare

We offer LSVT BIG and LVST LOUD support groups. LSVT LOUD/BIG is a program designed to improve voice and movement in patients with Parkinson's disease and related disorders working with LSVT LOUD/BIG-certified therapists.

Location: Langhorne, PA

Contact: Link to Website [here](#).

Rock Steady Boxing @ the Wellness Center of St. Mary Medical Center

Location: Langhorne, PA 19047

Contact: 215-710-6861; Email [here](#). For other locations, click [here](#).

LEBANON VALLEY

Rock Steady Boxing @ Lebanon Valley Family YMCA

Location: Lebanon Valley, PA

Contact: 717-273-2691; Email [here](#). For other locations, click [here](#).

LEWISBURG

Strength and Exercise for Parkinson's, Greater Susquehanna Valley YMCA

Parkinson's specific fitness classes are based on research suggesting the benefits of physical and cognitive exercises, music, and social connections for symptom management and improved quality of life.

Location: 120 Hardwood Dr, Lewisburg, PA 17837

Contact: Olivia Helm at 570-556-4191 or ohelm@gsvymca.org; Link to website [here](#).

LITITZ

Rock Steady Boxing @ Lititz Rec Center

Location: Lititz, PA 17543

Contact: 717-626-5096 x239; Email [here](#). For other locations, click [here](#).

MECHANICSBURG

Messiah University Preventative and Rehabilitative Exercise Program

Offers clinical and specialized classes, including Adaptango, FLEX (functional Life Exercise), PWR! Moves

Location: Messiah University, Mechanicsburg, PA 17055

Classes: Link to Website [here](#).

Contact: Email: wellness@messiah.edu or 717-691-6026

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MILFORD

Rock Steady Boxing @ Jen Murphy Fitness

Location: Milford, PA 18337

Contact: 914-850-1317; Email [here](#). For other locations, click [here](#).

NEW HOPE

Rock Steady Boxing @ Bucks County Live Well Powerhouse

Location: New Hope, PA

Contact: 215-622-8984; Email [here](#). For other locations, click [here](#).

NORRISTOWN

Rock Steady Boxing @ Montco

Location: Norristown, PA 19403

Contact: 610-695-9818; Email [here](#). For other locations, click [here](#).

OLD FORGE

Rock Steady Boxing @ Northeast PA

Location: Old Forge, PA 18518

Contact: 570-817-4307; Email [here](#). For other locations, click [here](#).

PAOLI

Parkinson's Wellness Classes

PWR! Moves Sequencing, Core & Floor, Balance & Flexibility, Upper Body Coordination & Power

Location: 16 Industrial Blvd, Suite 101, Paoli, PA 19301

Meetings: Tuesdays thru Fridays at 12:40 PM. List of all classes [HERE](#). Classes are in-person. Studio also offers online classes via Zoom at 10 am Monday – Thursday.

Contact: Jillian Alati at 610-484-6232 or jill@mobilityspecialist.org; Link to Website [here](#).

Rock Steady Boxing @ Malvern

Location: Paoli, PA 19301

Contact: 610-695-9818; Email [here](#). For other locations, click [here](#).

PHILADELPHIA

Anyone Can Move

Dance for PD, and Close Contact for Couples with PD.

Location: Philadelphia, PA

Classes: Link to Website [here](#) to find a class

Contact: Judith Sachs at 609-577-1928 or judith@anyonecanmove.com

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Parkinson Disease and Movement Disorders Center at the University of Pennsylvania

Location: Philadelphia, PA 19107

Contact: Suzanne Reichwein at sreichwein@penmedicine.upenn.edu.

Link to website [here](#).

Rock Steady Boxing @ Jefferson Health

Location: Philadelphia, PA

Contact: 267-271-3272; Email [here](#). For other locations, click [here](#).

Jefferson Health Vickie & Jack Farber Institute for Neuroscience, a Parkinson's Foundation Center of Excellence

Various therapy and fitness available. Movement Disorders Specialists available.

Location: Philadelphia, PA

Contact: Lance Wilson at 215-955-8257 or lance.wilson@jefferson.edu

Link to Website [here](#).

Parkinsingers Choir and Drum Circle Initiative, Music Matters International

All people with PD and their care partners and friends are welcome. We are a warm welcoming group and the choir is a lot of fun! This is a totally non-sectarian group. This synagogue is a wonderful place to rehearse as it is centrally located, convenient to public transportation, is totally handicapped accessible, and offers ample free parking. Our members come from all faiths and backgrounds. In addition, it's a beautiful building with two performance spaces in addition to our rehearsal space. Our practice sessions start with breathing and warm-up exercises, then songs in a range of styles from the American songbook to folk, gospel, blues, and rock songs.

No auditions - all are welcome no matter prior experience. We offer two concerts each year, open and free to the public, in winter and in the spring.

Location: Congregation Rodeph Shalom, 1339 Green Street, Philadelphia, PA 19123

Meetings: Mondays 2-4 pm; Link to Website [here](#).

Contact: Marjorie Samoff at 215-668-0116 or masamoff@aol.com.

PHOENIXVILLE

Pedaling for Parkinson's - Phoenixville YMCA

This group is facilitated by Jamie, our Y Fitness Director, and John, a member of the Kinetic Physical Therapy team. Riding an indoor, stationary bicycle has been shown to reduce Parkinson's motor symptoms by as much as 35%. Care partners and family are welcome. YMCA membership not required.

Location: 400 E Pothouse Rd, Phoenixville, PA 19460

Meetings: Wednesdays 1:30 pm to 2:30 pm

Contact: Link to Website [here](#).

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RADNOR

Rock Climbing Classes with UpEnding Parkinsons

Up ENDing Parkinsons, a nonprofit that provides guided rock climbing for people living with Parkinson's Disease will be hosting classes at the Gravity Vault in Radnor, PA. People living with Parkinson's Disease have challenges that span the physical, social and emotional spheres, and rock climbing addresses all of these challenges from balance and strength to depression, cognitive impairment and social isolation. Anyone living with PD is welcome to climb for free during these weekly meet-ups.

Meetings: July/August classes are held Saturdays from 2-3:30 pm and from September, classes are held at 1:30 pm

Location: Gravity Vault, Radnor, PA

Contact: Click [HERE](#) to sign up or email upendingparkinsons@gmail.com

ROYERSFORD

Rock Steady Boxing @ Royersford

Location: Royersford, PA 19468

Contact: 610-225-2451 x4; Email [here](#). For other locations, click [here](#).

SAYRE

Rock Steady Boxing @ FWF Rock Steady Boxing

Location: Sayre, PA 18840

Contact: 570-260-6800; Email [here](#). For other locations, click [here](#).

SHREWSBURY

Rock Steady Boxing @ YMCA of the Roses

Location: Shrewsbury, PA 17361

Contact: 717-235-0446; Email [here](#). For other locations, click [here](#).

TUNKHANNOCK

Rock Steady Boxing @ Northeast PA – Tunkhannock Location

Location: Tunkhannock, PA 18657

Contact: 570-817-4307; Email [here](#). For other locations, click [here](#).



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WARMINSTER

Rock Steady Boxing @ Lower Bucks, Physical Development Center

Location: Warminster, PA 18974

Contact: 215-906-7966; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Ann's Choice

Location: Warminster, PA 18974

Contact: 215-443-3838; Email [here](#). For other locations, click [here](#).

WERNERSVILLE

Rock Steady Boxing @ Phoebe Berks Village

Location: Wernersville, PA 19565

Contact: 610-927-8534; Email [here](#). For other locations, click [here](#).

WYOMISSING

Rock Steady Boxing @ Body Zone Sports and Wellness Complex

Location: Wyomissing, PA 19610

Contact: 610-376-2100; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Reading Hospital Tower Health

Location: Wyomissing, PA 19610

Contact: 484-659-0288; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ The Highlands of Wyomissing

Location: Wyomissing, PA 19610

Contact: Email [here](#). For other locations, click [here](#).