



Pennsylvania Wellness Programs

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.

**An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

[Southeastern PA](#)

[Eastern PA](#)

[Western PA](#)

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 midatlantic@parkinson.org.

April 2023



Mid-Atlantic Wellness Programs

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

SOUTHEASTERN PA

Cornerstone Club Health and Wellness

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

Locations: Doylestown, PA – Meeting in person and online

Fee: Yes

For more information, contact 215-622-5070

Link to Website [here](#).

Jefferson Health Vickie & Jack Farber Institute for Neuroscience, a Parkinson's Foundation Center of Excellence (updated October 2023)

Various therapy and fitness available. Movement Disorders Specialists available.

Location: Philadelphia, PA – Meeting online

Fee: no

For more information, contact Lance Wilson at 1-800-533-3669 or 215-955-8257 or

lance.wilson@jefferson.edu

Link to Website [here](#).

Parkinson's Exercise & Cardio Boxing (updated October 2023)

Parkinson's Specific Cognitive and Fitness Training: neuroplasticity cognitive exercises together with fitness exercises - including: cardio boxing, agility, amplitude movements, gait training, strength training, balance, and core training.

Location: Spring Grove, PA 17362 – Meeting in-person and online

Fee: Free

For more information, contact Mikayla Strine at (717) 225-0733 or

strinem@windyhillonthecampus.org.

Link to Website [here](#).

Parkinson's Wellness Classes, Mobility Specialist, LLC

Location: West Chester, PA

For more information, contact Matthew Aitken at matt@mobilityspecialist.org.

Link to Website [here](#).

Pedaling for Parkinson's - Phoenixville YMCA

Location: Phoenixville, PA 19460

Fee: No

For more information, contact Sara Guido at sguido@philaymca.org.

Link to Website [here](#).

This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636).

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Penn Medicine, a Parkinson's Foundation Center of Excellence

Various therapy and fitness available. Movement Disorders Specialists available.

Location: Philadelphia, PA

For more information, contact 215-829-6500.

Rock Steady Boxing

Location: New Hope, PA 18938 — *Meeting In-Person (updated October 2023)*

Fee: yes

For more information, contact Joanne Haug and Anne Haneman, Coaches at 267-718-6823 and 215-622-8984 or buckscounty@rsbaffiliate.com

Location: [Warminster, PA 18974](#) - For more information, contact Melissa & Andrew Haberman, Owners at 215-906-7966 or lowerbucks@rsbaffiliate.com

Fee: yes

St. Mary's Healthcare

We offer LSVT BIG and LVST LOUD, Rock Steady Boxing and support groups.

Location: Langhorne, PA

For more information, contact Melissa Keany at 215-710-5783.

Link to Website [here](#).

University of Pennsylvania Perelman School of Medicine, a Parkinson's Foundation Center of Excellence

Various therapy and fitness available. Movement Disorders Specialists available.

Location: Philadelphia, PA 19107 – *Meeting in-person*

For more information, contact 215-662-3606.

Link to Website [here](#).

Wellness & Movement for Parkinson's *(updated October 2023)*

The program incorporates cardio, functional movement, strength, and cognitive exercises- including boxing, big movements with music and rhythm.

Location: Spring Grove, PA 17362 – *Meeting in-person and online*

For more information, contact Mikayla Strine at 717-225-0733 or

strinem@windyhillonthecampus.org.

Link to Website [here](#).



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EASTERN PA

Cross Key Villages Parkinson's Education & Support

To provide a social network. To educate and support those touched by Parkinson's disease. To provide resources on how to live well with Parkinson's disease. To share and learn from each other through compassion and humor.

Location: New Oxford, PA 17350 – Meeting in-person

For more information, contact Hellen Stratton at parkinsonnetwork@gmail.com.

or Arla Ely at 717-624-5302.

Link to Website [here](#).

Crush PD Fitness

We offer Yoga, dance, HIT workout and drumming classes, Red Rose Lecture series, and Parkinson's support groups.

Location: Lancaster, PA 17602 – Meeting in-person and online

For more information, contact Susan Ludwig at 717-271-3067 or

sludwig@crushpdfitness.com.

Link to Website [here](#).

Dance for PD

Location: Mountain Home, PA 18342 – Meeting in-person

For more information, contact Natalie Schultz-Kahway at 201-401-5494 or

natalie_marie@hotmail.com

Fee: No

Gray Strong, Gray Strong Foundation

Location: Easton, PA

For more information, contact Eric Aquino at info@graystrong.org

Link to website [here](#).

Help Yourself – Living Alone with Parkinson's, University of Pennsylvania

Location: Philadelphia, PA 19107 – Meeting online

For more information, contact Suzanne Reichwein at

sreichwein@penmedicine.upenn.edu.

Link to website [here](#).

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***Keep Moving! Parkinson's Dance and Exercise Program at the Jewish Community Alliance of Northeastern Pennsylvania, Jewish Community Alliance of Northeastern Pennsylvania** (updated August 2023)

Begun in 2018, "Keep Moving! Parkinson's Dance and Exercise Program" at the Friedman Jewish Community Alliance of Northeastern Pennsylvania (FJCA) is geared specifically to people living with Parkinson's in the Luzerne County, Pennsylvania area. The program combines exercise, dance, socialization, music, and fun!

Location: Kingston, PA

Fee: \$299 for annual membership, Community Grant covers cost

For more information, contact Brandon Heffelfinger at b.heffelfinger@nepajca.org.

Link to Website [here](#).

Lewisburg YMCA (updated October 2023)

The Living and Learning with Parkinson's Program encompasses an educational support group and an exercise group. It is open to everyone. There is no cost for the support group. The fitness class have various payment options and financial assistance.

Location: Lewisburg, PA 17837 – Meeting in-person

Fee: Some Fees

For more information, contact Lori Deporter at 717-578-6150 or

ldeporter@gsvymca.org.

Link to website [here](#).

Movement is Medicine – Rock Steady and Beyond for Parkinson's, Comprehensive Physical Therapy, Inc

Location: Forest City, PA

For more information, contact Suzanne Atcavage at susieatc@cptrehab.net.

Link to Website [here](#).

Parkinsingers Choir and Drum Circle Initiative, Music Matters International

(updated October 2023)

Sing favorite songs and take part in a world premiere – breathing exercises, voice strengthening, work on articulation and memory. Care partners and family are welcome to participate.

Location: Philadelphia, PA – Meeting in-person and online

Fee: No

For more information, contact Marjorie Samoff at 215-668-0116 or masamoff@aol.com.

Link to Website [here](#).



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Parkinson's Community Outreach - The Jewish Home of Eastern PA

Dance, exercise, and music therapy for people with Parkinson's.

Location: Scranton, PA 18510

Fee: No

For more information, contact Mary Rose Applegate at 570-344-6177 or mapplegate@jhep.org.

Link to website [here](#).

***Partners in Progress, Young Men's Christian Association of the Roses** *(updated August 2023)*

Partners in Progress is the YMCA of the Roses' comprehensive line of programs to empower people with Parkinson's disease in the community. Through evidence-based and group exercise-style programs, Partners in Progress will work with hundreds of participants and care partners throughout the year to, not only slow the onset of Parkinson's disease symptoms, but potentially diminish the effects of current symptoms. Specific evidence-based programs within Partners in Progress include Rock Steady Boxing and Progress Cycle, a cycling program that gives participants of all abilities and comfort levels a chance to experience exercise routines designed for individuals with Parkinson's disease. Group exercise-style programs include Progress Yoga, Progress Water, and Progress Chair. YMCA staff are modeling these programs after their existing yoga, water workout, and active older adult offerings, but altering them to adhere to the Parkinson Foundation's guidelines for exercise and implement evaluation methods based on evidence-based programs for people with Parkinson's disease.

Location: York, PA

Fee: \$50 per month, scholarships available

For more information, contact Cori Strathmeyer at cstrathmeyer@rosesymca.org.

Link to Website [here](#).



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Rock Steady Boxing

Locations:

- Camp Hill, PA 17011 – *Meeting in-person*. For more information, contact 717-761-3527 or harrisburg@rsbaffiliate.com. Link to Website [here](#).
- Carlisle, PA - For more information, contact 717-385-1263 or centralpennwellness@rsbaffiliate.com.
- Chambersburg, PA 17201 – *Meeting in-person*. For more information, contact 717-263-8508 or azeger@chbg.org. Link to Website [here](#).
- Hazleton, PA 18201 – *Meeting in-person*. For more information, contact Kathy OH at 570-501-1808 or hazleton.fitness@fyzical.com
- Lancaster, PA 17602 - *Meeting in-person*. For more information, contact Susan Ludwig at 717-271-3067 or sludwig@crushpdfitness.com
- Wyomissing, PA 19610 – *Meeting in-person*. For more information, contact 610-376-2100 or bodyzone@rsbaffiliate.com. Link to Website [here](#). (updated October 2023)
- York, PA 17402 – *Meeting in-person and online*. For more information, contact 717-578-6150 or york@rsbaffiliate.com. Link to Website [here](#).

Fee: Yes

Rock Steady Boxing

Boxing and functional fitness for those living with Parkinson's.

Location: Milford, PA 18337– *Meeting in-person and online*

Fee: Yes

For more information contact Hen Murphy at 914-850-1317 or jenmurphyfitness@gmail.com.

Rock Steady Boxing at the Lititz recCenter (updated October 2023)

Rock Steady Boxing program meeting 3 x/week. RSB addresses multiple symptoms of PD. Large/Small motor, balance, strength, flexibility, cognition. Classes are "leveled" for lower/higher function. Free assessment prior to class placement.

Location: Lititz, PA 17534 - *Meeting in-person*

Fee: Yes

For more information contact Erica Johnson at 717-626-5096x239 or lititzrec@rsbaffiliate.com.

Link to website [here](#).



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Rock Steady Boxing Westshore YMCA

Rock steady boxing enables people with Parkinson's disease to fight their disease by providing non-contact boxing.

Location: Camp Hill, PA 17001 – *Meeting in-person*

Fee: Yes

For more information contact Jason Snyder at 717-737-9622 or

Jason.synder@ymcaharrisburg.org.

RSB Northeast PA - Gym Headquarters *(updated October 2023)*

Rock Steady Boxing is a non-contact, boxing-inspired fitness program for people of all ages at any stage of Parkinson's progression. We have customized classes for all levels of fitness to provide challenges while in a safe and supportive environment with others of similar ability.

Location: Old Forge, PA 18518 – *Meeting in-person*

For more information contact Kathy Reap at 570-817-4307 or

rsboxingnepa@gmail.com.

Link to website [here](#).

RSB Northeast PA - Tunkhannock Location *(updated October 2023)*

Rock Steady Boxing is a non-contact, boxing-inspired fitness program for people of all ages at any stage of Parkinson's progression. We have customized classes for all levels of fitness to provide challenges while in a safe and supportive environment with others of similar ability.

Location: Tunkhannock, PA 18657 – *Meeting in-person*

For more information contact Kathy Reap at 570-817-4307 or

rsboxingnepa@gmail.com.

Link to website [here](#).

Titan Tactical Fitness

Rock Steady Boxing is a non-contact boxing workout. PWR!Moves is a workout designed to counteract bradykinesia, rigidity and incoordination. Pedaling for Parkinson's is an indoor cycling to improve motor function.

Location: Shamokin Dam, PA 17876 – *Meeting in-person*

Fee: Yes

For more information, contact Cindy Murphy at 570-412-3286

or cindy@titantacticalfitness.com.

Link to Website [here](#).