



Western Pennsylvania Wellness Groups

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](#).*

ALLEGHENY COUNTY

***Parkinson's Wellness Package for Improved Mind, Body, and Spirit, To Life! Fitness, LLC**

Location: Pittsburgh, PA

For more information contact Jessica Neiss at jessica@tolifefitness.com.

Link to website [here](#).

PD 1 and PD2 Workout – Keep Moving

Combines non-contact boxing drills with a wide variety of fitness exercises. Use of speedbags, reflex bags, and heavy bags are incorporated. Balance work, conditioning, coordination, and cognitive challenges

Location: Upper St. Clair, PA 15241 – Meeting in-person

Fee: Yes

For more information, contact Kathy Long at 412-835-6630 or long@westminster-church.org

PD1 Workout – Link to Website [here](#).

PD2 Workout – Link to Website [here](#).

INDIANA COUNTY

Move & Groove

A complete movement and dance program for people living with Parkinson's Disease or anyone dealing with arthritis and joint pain to help slow the progression of symptoms. Care partners are invited to come and participate.

Location: Indiana, PA 15701 – Meeting in-person

For more information, contact Daniel Roan at 724-463-9622 or danielroan@icymca.org

Fee: Yes

Link to Website [here](#).