
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

Hope with Boxing

Our HOPE with Boxing program at Wolfpack Boxing Club in Pittsburgh is helping people with Parkinson's disease fight back! Research has shown that regular boxing exercise improves

Location: Carnegie, PA 15106- Meeting in-person

Fee: Yes

For more information contact Jeff Mucci at 412-592-7828 or info@wolfpackboxing.com.

Link to website [here](#).

***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](#).

Rock Steady Boxing Conshohocken

Non - contact boxing program for people with Parkinson's Disease. No experience is needed and all level are welcome.

Location: Conshohocken, PA 19428

Fee: Yes

For more information contact Jory Davis at 215-285-1349 or jorybelle@gmail.com.

Rock Steady Boxing Pittsburgh

Rock steady boxing enables people with Parkinson's disease to fight their disease by providing non-contact boxing fitness program that improves their quality of life and sense of efficacy and self-worth.

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 greatlakes@parkinson.org.



Wellness PA Wellness Groups

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.

Location: Allison Park, PA 15091- Meeting in-person

Fee: Yes

For more information contact 412-213-3584 or info@fit4boxingclub.com.

Rock Steady Boxing Murrysville

Rock steady boxing enables people with Parkinson's disease to fight their disease by providing non-contact boxing fitness program that improves their quality of life and sense of efficacy and self-worth.

Location: Murrysville, PA 15668- Meeting in-person

Fee: Yes

For more information contact 724-575-7486.

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](#).