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## Western Pennsylvania Wellness Groups

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*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

#### **\*HIIT the Trails! and Caring for the Givers, To Life! Fitness, LLC** (updated August 2023)

*To Life! Fitness programs support the entire family, helping people with PD and their caregivers. Both groups will be offered massages. (1) HIIT the Trails Join peers from across the city as we train, hike, stretch, and relax together as a community. This program will create a community of exercisers with PD who want to improve their fitness, endurance and flexibility. (2) Caring for the Givers Caregivers need a safe space where they can vent, learn, care for themselves, and meet others in the same situation. Join "Caring for the Givers," which meets once a month for a 60-min group meeting led by a mental health professional, and a 30-min yoga session. Our PT-trained yoga expert will guide you in breathing and relaxation techniques, gentle stretching, and restorative exercises for your self-care.*

**Location:** Pittsburgh, PA – Meeting in-person

**Fee:** None

For more information, contact Jessica Neiss at [jessica@tolifefitness.com](mailto:jessica@tolifefitness.com).

Link to Website [here](#).

#### **Hope with Boxing** (updated March 2023)

*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](mailto:info@wolfpackboxing.com).

Link to website [here](#).

#### **Parkinson's Wellness Package for Improved Mind, Body, and Spirit, To Life! Fitness, LLC** (updated April 2023)

*We aim to support you where ever you are in your journey. Whether you need intensive PT Bootcamp for PD, PWR!Moves Personal Training for PD, or wellness classes with other people w PD.*

**Location:** Pittsburgh, PA 15217 – Meeting in-person

**Fee:** No

For more information contact Jessica Neiss at [jessica@tolifefitness.com](mailto:jessica@tolifefitness.com) or 412-414-1988.

Link to website [here](#).



## 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.*

### **PD 1 and PD2 Workout – Keep Moving with Boxing** (updated March 2023)

*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](mailto:long@westminster-church.org)

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

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

### **Rock Steady Boxing Conshohocken** (updated March 2023)

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

**Location:** Conshohocken, PA 19428 – Meeting in person

**Fee:** Yes

For more information contact Jory Davis at 215-285-1349 or [jorybelle@gmail.com](mailto:jorybelle@gmail.com).

### **Rock Steady Boxing Pittsburgh** (updated March 2023)

*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:** Allison Park, PA 15091 – Meeting in-person

**Fee:** Yes

For more information contact 412-213-3584 or [info@fit4boxingclub.com](mailto:info@fit4boxingclub.com).

### **Rock Steady Boxing Murrysville** (updated March 2023)

*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 or [info@fit4boxingclub.com](mailto:info@fit4boxingclub.com).



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### Erie COUNTY

#### **\*Parkinson Partners Purposeful Movement and Wellness Program, Parkinson Partners of Northwestern Pennsylvania** (updated August 2023)

*The Parkinson's Purposeful Movement and Wellness Program is a collaborative community based eight-week program offered 3x/year and serves 15-18 participants per session. The purpose is to engage participants in evidenced-based exercises and education tailored to PD that can be continued at home through a daily routine. Each participant is partnered with graduate student volunteers from Gannon University's Occupational or Physical Therapy Programs who provide direct hands on assistance for safety and feedback to maximize effort and performance. This program began with development and trials in 2009 and has run consistently since then, with the exception of 2020 during the pandemic.*

**Location:** Erie, PA – Meeting in-person

**Fee:** \$10 per class, scholarships available

For more information, contact Lynne Gotham at [info@parkinsonpartners.org](mailto:info@parkinsonpartners.org).

Link to Website [here](#).

### INDIANA COUNTY

#### **Move & Groove** (updated March 2023)

*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 Sean Rybolt at [seanrybolt@icymca.org](mailto:seanrybolt@icymca.org) or 724-463-9622.

**Fee:** Yes

Link to Website [here](#).