



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.*

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

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



## Pennsylvania 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.

### ONLINE

#### **Anyone Can Move**

*Adaptive movement for singles and couples living with Parkinsons: Balance and Gait, Breathing and Stretching, Yang-style Tai Chi, Dance for PD, and Close Contact for Couples with PD.*

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

**Contact:** Judith Sachs at 609-577-1928 or [anyonecanmove@gmail.com](mailto:anyonecanmove@gmail.com).

#### **Dance With Natalie - dance classes for movement disorders**

**Meetings:** Fridays at 11:00 AM

**Contact:** Natalie Schultz-Kahwaty, PhD at [dancwithnatalie123@gmail.com](mailto:dancwithnatalie123@gmail.com)

**Website:** [www.dancewithnatalie123.com](http://www.dancewithnatalie123.com)

#### **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/>

#### **Parkinson's Wellness Classes**

*Chair yoga, core and floor, balance, and flexibility, PWR! Moves HIIT, LSVT Big, sequencing and coordination.*

**Meetings:** Link to Website [here](#) for more information.

**Contact:** Jillian Alati at 610-484-6232 or [jill@mobilityspecialist.org](mailto:jill@mobilityspecialist.org)

#### **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

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

### 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](mailto: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 @ POWER**

**Location:** Doylestown, PA 18901

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

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### EASTON

#### **Gray Strong, Gray Strong Foundation**

**Location:** Easton, PA

**Contact:** [info@graystrong.org](mailto:info@graystrong.org); Link to website [here](#).

### 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 Disease Programs**

**Location:** Forest City, PA

**Contact:** Suzanne Atcavage at [susieatc@cptrehab.net](mailto: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](#).

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### HONESDALE

#### **Rock Steady Boxing @ Honesdale**

**Location:** Honesdale, PA 18431

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

### 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 Conklin at 570-556-4191 or [conklin@gsvymca.org](mailto:conklin@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**

**Location:** Messiah University, Mechanicsburg, PA 17055

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

**Contact:** Email: [wellness@messiah.edu](mailto:wellness@messiah.edu)

### 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](#).

### NEW OXFORD

#### **Cross Key Villages Parkinson's Education & Support**

Cross Keys Village is offering its **Parkinson's Thursday** education and support groups, in the Encore Room (Harmony Ridge, 620 Harmony Drive, New Oxford PA), **on the third Thursday of each month**. The goal of the group is to empower people with Parkinson's, care partners, family and friends by offering education on specific topics, followed by peer support. Parkinson's Thursday is open to all at no cost, and no registration is required. The format of each meeting is as follows:

- 1:00-2:00pm – Educational seminar on a specific topic
- 2:00-2:15pm – Break
- 2:15-3:15pm – Peer support

**Location:** 2990 Carlisle Pike, New Oxford, PA 17350

**Contact:** 717-624-2161; Link to Website [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](#).

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### PAOLI

#### **Parkinson's Wellness Classes**

*Chair yoga, core and floor, balance, and flexibility, PWR! Moves HIIT, LSVT Big, sequencing and coordination.*

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

**Meetings:** Link to Website [here](#) for more information.

**Contact:** Jillian Alati at 610-484-6232 or [jill@mobilityspecialist.org](mailto:jill@mobilityspecialist.org)

#### **Rock Steady Boxing @ Malvern**

**Location:** Paoli, PA 19301

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

### PHILADELPHIA

#### **Anyone Can Move**

*Adaptive movement for singles and couples living with Parkinsons: Balance and Gait, Breathing and Stretching, Yang-style Tai Chi, Dance for PD, and Close Contact for Couples with PD.*

**Location:** Online or Philadelphia, PA

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

**Contact:** Judith Sachs at 609-577-1928 or [anyonecanmove@gmail.com](mailto:anyonecanmove@gmail.com).

#### **Parkinson Disease and Movement Disorders Center at the University of Pennsylvania**

**Location:** Philadelphia, PA 19107

**Contact:** Suzanne Reichwein at [sreichwein@penmedicine.upenn.edu](mailto: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](mailto:lance.wilson@jefferson.edu)

Link to Website [here](#).

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### **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](mailto:masamoff@aol.com).

## PHOENIXVILLE

### **Pedaling for Parkinson's - Phoenixville YMCA**

*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](#).

## 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](#).

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### TUNKHANNOCK

#### **Rock Steady Boxing @ Northeast PA – Tunkhannock Location**

**Location:** Tunkhannock, PA 18657

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

### 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](#).

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