

Impact for Tomorrow

A Place to Move. A Place to Connect. A Place to Belong.

Parkinson Community Fitness (PCF) is a place where Persons with Parkinson's (PwPs) and related movement disorders—and their families and caregivers—come together for exercise, support, and meaningful social connection. Founded in 2020 with 64 members, PCF has grown rapidly, increasing membership by 41% since our founding.

Every day, more individuals in Cincinnati receive a Parkinson's diagnosis and begin searching for a place where they can exercise safely, feel understood, and find a supportive community. As PD diagnoses continue to rise, PCF remains the only organization in the tri-state area dedicated specifically to providing integrated exercise, social engagement, and educational support for those living with the disease. This makes PCF an essential resource and partner for individuals and families navigating life with Parkinson's.

As the local PD community grows, so does the need for a larger space. Our \$2,000,000 campaign goal represents far more than bricks and mortar—it represents more strength, more hope, and more moments of connection. By expanding our space, we expand what is possible not only for those living with Parkinson's, but also for their families and caregivers who walk beside them every day.

A Bigger Home Means More Exercise Opportunities

Research consistently shows that regular exercise and movement programs can improve balance, mobility, and overall well-being for people living with Parkinson's. Individuals who participate in at least 2.5 hours of exercise each week often experience significant improvements in quality of life.

A larger facility will allow PCF to increase both the number and variety of classes offered, ensuring more members can benefit from regular activity each week. Currently, our facility can host only one class at a time, and some of our most popular classes reach attendance levels of nearly 30 participants, pushing our space to its limits.

With membership and attendance growing month after month, our vision is to host multiple classes simultaneously, while also providing dedicated areas where members can use specialized equipment and workout machines for individualized training.

A Bigger Home Means More Social Connection

Beyond the physical symptoms of Parkinson's, many individuals face an increased risk of social isolation. Studies indicate that up to 50% of people living with Parkinson's experience apathy or depression, which can significantly impact overall quality of life.

Conversely, regular social interaction and peer support have been shown to increase motivation, strengthen adherence to exercise programs, and improve mental health.

PCF thrives on building a welcoming and inclusive community where members can form meaningful relationships and truly feel at home. Our social gatherings and events provide opportunities for connection, joy, and relaxation in a judgment-free environment, helping to address the isolation many individuals experience after diagnosis.

Because our current space limits attendance, we are often forced to restrict participation. A larger facility would allow us to expand programming and welcome more members, families, and caregivers, ensuring that everyone who seeks connection can find it here.

A Bigger Home Means More Education

Education is a vital component of living well with Parkinson's. PCF is proud to host renowned medical professionals and experts from across the country, offering educational presentations as a complimentary benefit to our members.

By learning about symptoms, treatment options, and the critical role of exercise, members gain the knowledge needed to make informed decisions about their personal care plans.

Education also reduces fear and uncertainty by building confidence and understanding. When individuals learn alongside peers, families, and caregivers, it strengthens community bonds while encouraging self-advocacy and empowerment.

When people with Parkinson's are informed, supported, and engaged, they are better equipped to navigate healthcare decisions and improve their overall quality of life.

Sources:

<https://www.parkinson.org/library/fact-sheets/exercise>

[parkinsons disease and social connections - Google Search](#)

[Loneliness in Parkinson's disease: Subjective experience overshadows objective motor impairment - ScienceDirect](#)