

InMotion Relocates to Beachwood

On May 21, InMotion celebrated its move to The Allan Goldberg Center for Parkinson's Wellness in Beachwood with a ribbon-cutting ceremony. InMotion is a holistic, integrated wellness center for people with Parkinson's disease (PD) and their families. There is no other model like InMotion in the world: evidence-based, outcomes-focused, and free of charge. In-Motion provides clients and their care partners with a variety of services that offer a bold community-based approach to wellness and help people with Parkinson's feel better every day.

The organization, founded in March 2015, opened its doors in Warrensville Heights three days a week for programming and services. Within six months, it expanded its hours to five days a week. In 2020, after outgrowing its original space, InMotion moved to its current location.

"InMotion is first and foremost a community – a welcoming, safe place for people with Parkinson's disease and their families," said Cathe Schwartz, InMotion chief executive officer. "It offers multiple programs designed to complement each other, with coaches who are specifically trained in Parkinson's physical and holistic programming.

"This unique model provides our clients with the most effective outcomes, conveniently offered under one roof and at no cost," Cathe continued. "Our entire staff and volunteers work to help clients replace the terms 'incurable and progressive' with 'hope and compassion,' and we encourage anyone with a PD diagnosis to call for more information, sign up for a tour, and ask about our new client orientation program."

The organization was founded by Dr. Karen Jaffe, a person with Parkinson's disease and an advocate in the international PD community; Dr. David Riley, a neurologist and movement disorder specialist; Ben Rossi, an ACE fitness trainer and a qualified community exercise instructor for Parkinson's patients and InMotion's chief program officer; and the late Allan Goldberg and the late Lee Handel, both

of whom were business leaders, philanthropists, and people with Parkinson's disease.

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A partial list of programs, all available at no charge to clients and care partners, include physical exercise classes, boxing, spinning, expressive movement, mindful movement, tai chi, art therapy, music therapy, and drumming. Educational offerings, support groups, and virtual programs are also available.

In honor of this ribbon-cutting

ceremony and to welcome InMotion to Beachwood, Mayor Martin Horwitz and Beachwood City Council proclaimed Friday, May 21, 2021 as InMotion Day in the City of Beachwood.

InMotion, located at 23905 Mercantile Rd., is supported by 28 active board members, a staff

of eight, more than 25 coaches and more than 70 volunteers. Cathe Schwartz was named chief executive officer in 2018. For more information, visit www.beinmotion.org, or follow them on Instagram (@inmotion_parkinsons) and Facebook (inmotionwellness).



Above: Mayor Martin Horwitz presents proclamation to InMotion board member Bruce Goodman. InMotion ribbon-cutting ceremony, from left: InMotion board directors Beth Curtiss, Zack Paris, and Bruce Goodman; Mayor Martin Horwitz; InMotion volunteer Kathy Cohen Goldberg, InMotion board members Terry Goldberg, Jody Bell, Amy Mandell, Ben Rossi, and Dr. Karen Jaffe.