



November 2025

A Decade of Strength, A Future of Possibility

Dear Friends,

As 2025 comes to a close, I'm so proud to reflect on a year of extraordinary growth and impact—made possible by you. Every story in this newsletter is a celebration of what happens when generosity meets determination.

Because of your support, **Pals In Motion** set new records this year—more than 1,700 participants and over \$590,000 raised to sustain our free programs. Your enthusiasm and dedication keep our doors open to everyone who needs us!

Your generosity also helped InMotion® expand our reach far beyond Cleveland. This October, we celebrated the **grand opening of the Kirk Gibson Center for Parkinson's Wellness** in Michigan—the first organization to replicate the InMotion Approach™. With your help, our model of wellness and community is now improving lives across the country.

We're also leading the way in advancing research and evidence-based care. Our **Better Every Day™ Cardio/Falls Prevention class** continues to

demonstrate measurable improvements in gait, balance, and confidence for people with Parkinson's disease. An abstract of our initial results has been submitted for presentation—marking an exciting step in sharing our work with the worldwide Parkinson's community.

Through initiatives like the **Prescription for Parkinson's™ (Rx for PD)**, ongoing collaborations such as the **GEARs study with Cleveland Clinic**, and the daily dedication of our staff and volunteers, InMotion® is proving that exercise, education, and connection can transform lives.

As we look ahead, I invite you to consider the lasting impact of your support—whether through an annual gift, monthly donation, or a planned gift to secure InMotion's future.

Together, we're building a healthier, stronger community for people with Parkinson's disease—today and for years to come.

Warmly,



Cathe Schwartz
CEO



Pals In Motion® 2025: Record-Breaking Success!

Thank you to everyone who made our 9th Annual *Pals In Motion*®, presented by Sensical, Inc., such an incredible success! With 1,777 participants—our largest crowd ever—we raised more than **\$590,000** to keep InMotion® programs free for people with Parkinson's disease.

We're deeply grateful to our **sponsors, volunteers, donors, runners, and walkers** for making the day so special. Your energy and generosity continue to inspire our community and fuel our mission.



Next year marks our **10th Annual Pals In Motion®**, and we're planning a celebration that will be **bigger and better than ever**—you won't want to miss it! Join us on **Sunday, August 30, 2026**, at Beachwood High School.

Together, we're helping people with Parkinson's disease feel better every day!



[View Pals 2025 Event Photos](#)

Expanding Our Reach: The Kirk Gibson Center for Parkinson's Wellness Opens in Michigan



InMotion® is proud to celebrate the **grand opening of the Kirk Gibson Center for Parkinson's Wellness** in Farmington Hills, Michigan, which took place on **October 6**. This exciting new center represents a major milestone—our **first replication site**—bringing the **InMotion Approach™** to a new community and expanding access to free, high-quality wellness programs for people with Parkinson's disease.



Members of the InMotion® team - **Ben Rossi**, Chief Program Officer and Co-Founder, coaches **Dan Medves** and **Mike Nason**, Board President **Patty Inglis** and Immediate Past President **Bruce Goodman** - were on hand to celebrate alongside **Kirk Gibson** and his team at the Center.

From the earliest planning stages, InMotion® worked closely with the Gibson Foundation to share our expertise in program design, staff training, and facility setup. The new center, which operates independently of InMotion, now offers exercise, healing arts, education, and support programs—all free of charge—guided by the evidence-based **InMotion Approach™** that has helped thousands of clients in Northeast Ohio feel better every day.

This exciting work has allowed us to strengthen our infrastructure, train professionals, and share our knowledge. Every gift to InMotion® helps extend our reach—ensuring that people with Parkinson's disease, wherever they live, can experience the power of movement, connection, and community.

*"Support from our donors not only sustains our free programs here in Cleveland but also fuels our ability to share the InMotion Approach™ with other communities that need it," said **Cathe Schwartz, CEO of InMotion®**.*

The success of the Kirk Gibson Center shows what's possible when vision, collaboration, and generosity come together—helping us **move our mission forward** and bring hope and healing to people with Parkinson's disease everywhere.

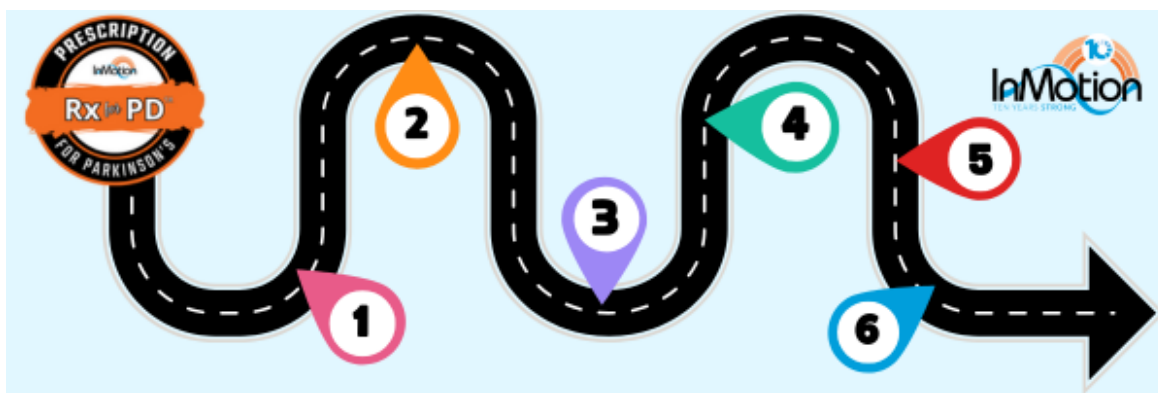


Read some of the positive press coverage of the KGC grand opening:

- [ClickOnDetroit \(WDIV Channel 4\)](#)
- [MichiganMama News](#)
- [WHMI.com](#)
- [Social House News](#)

If you know an organization interested in bringing the InMotion Approach™ to their community, encourage them to contact InMotion® CEO Cathe Schwartz at cschwartz@beinmotion.org.

Personalized Paths to Wellness: InMotion's Prescription for Parkinson's™



This fall, InMotion® launched two exciting enhancements to the **InMotion Approach™**—a new individualized assessment process and the **Prescription for Parkinson's™ (Rx for PD)** group coaching sessions. These improvements are already helping clients feel more supported, confident, and prepared on their wellness journey.

Assessments are now conducted individually rather than in a group setting, creating a quieter, calmer experience with less performance anxiety. Clients appreciate the personal attention, the opportunity to connect with more coaches, and the ability to track progress in areas like balance, strength, mobility, posture, and mental focus.

Since launching in September, 122 clients have completed the new assessment—and every remaining session for 2025 is booked.



The new **Rx for PD™ group coaching sessions** help clients understand their class options, set goals, and build a personalized plan across InMotion's Healing Arts, Physical Wellness, and Fit 4 You programs.

So far, **43 clients** have participated, and feedback has been positive. Clients report that the program helps them better understand their options, make informed decisions about their wellness plan, and fully utilize everything InMotion® offers.

"Our goal is to give every client a personalized roadmap for success," says **Ben Rossi, InMotion's Chief Program Officer and co-founder**. "With the Prescription for Parkinson's™, clients gain the knowledge, support, and confidence to move, feel, and live better every day."

Powered by Donor Support

*Your generosity makes these enhanced assessments, coaching sessions, and all of InMotion's life-changing programs available **at no cost** to people with Parkinson's disease. Thank you for helping our clients move, feel, and live better every day.*

[Learn More About Rx for PD™ and our program offerings](#)

Pedaling Toward Progress: How Spinning Helps People with Parkinson's Disease

At InMotion®, spinning is more than just a workout—it's a way to slow the progression of Parkinson's disease and reclaim confidence, strength, and joy.



To make spinning accessible to everyone, we've recently added **recumbent bikes** for clients who need additional support or prefer a seated position. This adaptation ensures that people of all mobility levels can safely experience the benefits of cycling.

Our **spinning classes** are among the most popular programs we offer, with **ten sessions each week** that combine upbeat music, expert coaching, and the power of community.

Research shows that aerobic exercise—especially cycling—can help improve motor function, balance, and mood for people living with Parkinson’s disease. Many clients notice that they walk more steadily, speak more clearly, and feel more energized after class.



InMotion® is also proud to partner with the **Cleveland Clinic** as the first community site for the **GEARS research study** (*Genetics and Aerobic Exercise to Slow*), **led by Dr. Jay Alberts**, a nationally recognized neuroscientist known for his groundbreaking research on exercise and Parkinson’s disease. The study explores how aerobic exercise may influence disease progression—and whether a person’s genes play a role in that impact.

*All of our classes – including spinning – are offered **at no cost to our clients**, thanks to generous donors who make it possible for people with Parkinson’s disease to access evidence-based exercise and support in a welcoming community.*

Promising Results in Falls Prevention

In 2025, InMotion® expanded our Better Every Day® Cardio/Falls Prevention classes so more clients could take part. Previously offered only to those with lower mobility, the program now includes clients Green, Orange, and Blue levels—giving more people the chance to build strength and confidence.



As part of the expansion, we introduced in-class physical assessments to measure things like balance, strength, mobility, and fear of falling. This helps us track progress and see how well the class reduces falls risk.

Throughout the year, demand for these classes has grown, and we’ve seen measurable improvements in clients’ falls assessments.

We’re excited to share that early results from this project were strong enough to be submitted for presentation at the **World Parkinson Congress in May 2026**, showing statistically significant gains in two key areas of movement and mobility.

Thanks to your support, we’re able to offer evidence-based classes that are validated through published research and shared with the worldwide Parkinson’s community—helping people everywhere live stronger, safer lives.

A Note from Volunteer Sheilah Levine

Thank you from a Ten-Year Volunteer and former Board Member



Sheilah Levine (front), working at the front desk alongside fellow 10-year volunteer Linda Schlein (back)

My involvement with InMotion® goes back 13 years, when my son-in-law was diagnosed with early-onset Parkinson's. My three daughters searched for a method to raise money for research and to raise awareness of the disease, and they formed the **Parkinson's Pals** organization.

After four very successful years, Parkinson's Pals decided to merge with InMotion®. The fundraising event has continued since the merger, and thousands of people now attend every year.

During the last ten years, I've been fortunate to serve a term on the InMotion® Board of Directors. I also volunteer two days a week at the front desk. I enjoy greeting all the clients as they arrive in the morning, and very often chat with anyone who needs assistance or just wants a quick conversation.

I wish all the clients, volunteers and terrific staff continued success!

~ Sheilah Levine

Thank You
to our generous program supporters

- Mindful Movement classes supported by **David and Gail Stein**
- Music That Moves You classes supported by **Cuyahoga Arts & Culture**
- Drums Alive!® classes supported by **Marlene G. Krause**
- Say It Like You Mean It and The LOUD Crowd classes supported by **Tim & Barb Skola**
- Spinning classes supported by **Cleveland Clinic**
- Better Every Day® Cardio/Falls Prevention classes supported by the **Consolidated Anti-Aging Foundation**
- Yellow Level programming supported by the **Harry K. and Emma R. Fox Charitable Foundation**
- Better Every Day® Falls Prevention Program supported by **Susan and Marc Silbiger**

Upcoming InMotion® Events



Crafted+Curated Holiday Market

Open daily through Fri., Nov. 21

10am–4pm at InMotion®

Featuring beautiful handcrafted items! Find the perfect gift — and support our free programs for people with Parkinson's disease.

DETAILS



Giving Tuesday

Tuesday, December 2

InMotion® is proud to participate in **Giving Tuesday**, a global day of generosity. Your gift will be doubled on Giving Tuesday, thanks to a generous donor!

DETAILS



Secure the future of InMotion® and help people with Parkinson's disease feel better every day—now and for decades to come. By including InMotion® in your estate plans, you'll ensure our life-changing programs remain free of charge and accessible to all who need them.

Leave a lasting legacy and make a difference that endures.

Start planning your gift today.

For more information, [visit our website](#) or contact:

Wendy Voelker, Chief Development & Communications Officer

216-342-4016 | wvoelker@beinmotion.org

Support Our 2025 Annual Appeal

Your past generosity has helped people with Parkinson's disease move, sing, create, and connect—**at no cost to them.**

Because of you, InMotion® continues to grow and reach more people who depend on our life-changing programs in physical wellness, healing arts, education, and support.

As we look to the future, we invite you to continue your impact by supporting our 2025 Annual Appeal. Every gift—of any size—helps our clients feel stronger, more confident, and better every day.



Support InMotion's 2025 Annual Fund

CLICK HERE to make your gift online today

Thank You!

Come see your impact in action!

Visit InMotion® to experience how your support helps people with Parkinson's disease feel better every day through movement, music, and community.

**To schedule your visit, contact Wendy Voelker at 216-342-4016
or wvoelker@beinmotion.org.**

We look forward to welcoming you to InMotion®!

Our Contact Information

InMotion

23905 Mercantile Road

Beachwood, OH 44122

2163424417

<http://www.beinmotion.org>



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