

HEALTHSOUTH BRAINTREE REHABILITATION HOSPITAL



SUPPORTING YOU
AND YOUR
INDEPENDENCE

A Higher Level of Care®

HEALTHSOUTH
Braintree Rehabilitation Hospital

250 Pond Street
Braintree, MA 02184

healthsouthbraintree.com

Wellness After Stroke

Seven-Week Sessions

Monday and Wednesday

September 18-November 1, 2017

1-2:30 p.m.

Parkinson's Wellness Program

Seven-Week Sessions

Tuesday and Thursday

September 19-November 2, 2017

1-2:30 p.m.

The groups are led by physical, occupational and speech-language therapists, providing:

- Balance training
- Communication skills training
- Education for lifestyle changes specific to the condition
- Exercise programs for strengthening and cardiovascular health
- Functional mobility training for home and the community

To join or learn more about the wellness programs, please contact **Anna Kerrigan** at **781 348-2110**.