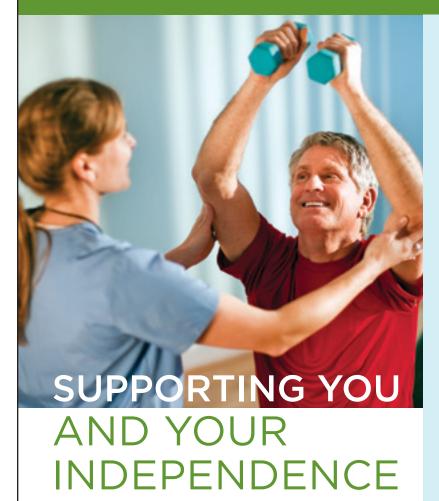
## HEALTHSOUTH BRAINTREE REHABILITATION HOSPITAL



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**.