



Your  
INDEPENDENCE  
is important

## Wellness After Stroke



For additional information or to register, call 781-348-2107

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# Wellness After Stroke

## What kind of program is this and how can this help?

The Wellness Program is designed to help stroke survivors manage their health more effectively in order to improve day-to-day functioning and quality of life. Under the guidance of licensed physical, occupational and speech therapists, participants will learn exercises, communication strategies, secondary stroke prevention and a problem solving approach to managing daily mobility and self care in order to promote healthy living.



*After a stroke, participation in a program focusing on education, exercise and function will improve your overall health and quality of life.*

## Objectives of the Program:

- Provide Education – including, but not limited to, stroke prevention, warning signs, lifestyle changes and neurorecovery.
- Learn a home exercise program.
- Facilitate functional training in various settings to help improve ability and confidence to complete day-to-day tasks.
- Introduce new rehabilitation technology and explain its benefits for neurorecovery

## Who is appropriate to participate?

Participants will:

- Have experienced a stroke
- Be able to walk short distances with or without a cane or walker (if physical assistance is required, caregivers are welcome to join)
- Be able to use the restroom without assistance or with caregivers' help
- Be able to follow directions in a group setting
- Be motivated and committed to participating

Wellness after stroke consists of fourteen, ninety minute classes that occur twice a week for seven weeks.

*Due to the effects of a stroke you may need to change, re-learn or re-define how you live.*