

FREE COMMUNITY LECTURES AND SCREENINGS

LECTURES

Stroke: Awareness, Prevention, Recovery



Recovery After Stroke



Learning to Walk Again



Using your Arm Again



Recovery After Brain Injury



Brain Games: A Workshop for Brain Injury Survivors & Their Families



Incontinence Management



Multiple Sclerosis Exercise



How Safe is Your Home? Solutions to Getting Around your Home Easier



Does Massage Work?



What are Movement Disorders and Can Rehab Help?



Good Posture, it Doesn't Have to be a Pain in the Neck



How Exercise Can Help Osteoporosis



Stretching-An Important Addition to Walking/Jogging Programs



Think Ahead (Brain Injury Prevention)



Veterans Aid and Attendance Pension Benefits



Advanced Directives (Health Care Proxy, Durable Powers of Attorney, Living Wills, Guardianship)



Aquatic Therapy for the Chronic Pain Sufferer



What Can I do for My Dizziness?



The Amputee: Feeling Whole Again



When you Need Rehabilitation: Choosing the Right Level of Care for your Needs



Retire From Driving! When is the Right Time?



Technology in Rehab: Still Hope...



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FREE COMMUNITY LECTURES AND SCREENINGS

LECTURES (CONTINUED)

How Adaptive Equipment Can Help Self Care at Home



Anodyne: A New Treatment for Peripheral Neuropathy



Backpack Safety for All Ages



Arthritic/Painful Hands, You Don't Have to Suffer



Cool Pool: Aquatic Therapy for Persons Living With Multiple Sclerosis



Yoga for Wellness



Parkinson's Disease-Community Wellness Program



Wellness After Stroke

SCREENINGS

Balance Assessment and Fall Prevention



Bioness – A New Therapy Helping Those Who Suffer From Foot Drop and Hand/Wrist Weakness



Advanced Mobility Skills

If you are interested in having any of these lectures or screenings at your facility, or are interested in any topic not listed here, please contact Ellen Spiegel at 781-348-3827.

Each lecture is 30-60 minutes and can be adapted to any audience.



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