

Post Stroke Empowering Program

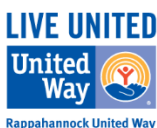


OPEN ENROLLMENT

Twice weekly (30 minute sessions), Monday through Friday

We know that life post-stroke isn't easy, but exercising post stroke can reduce stroke risk factors, decrease risk for cardiovascular disease, and decrease your risk for stroke recurrence, thus improving life-long wellness. The Rappahannock Area YMCA's Empowering Program is a safe, accessible and affordable community exercise opportunity for you with a focus on wellness and self-empowerment. This six week program is designed to help empower you to lead a healthier, happier lifestyle. We look forward to working with you!

- + \$30 for members
- + \$60 for nonmembers
(with a 6-week temporary membership)
- + Locations: Massad & King George Family YMCA
- + Contact: Naomie Murdock at nmurdock@family-ymca.org for any questions.



www.family-ymca.org



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