



Spinal Cord Injury Wellness Academy



Join us for classes designed for YOU our SCI/D Veterans

Class will meet in the SCI Multipurpose Room the 4th Wednesday of the month from 11am – 12pm.

- **Nutrition** will review the importance of maintaining a healthy weight along with dietary lifestyle changes to help meet individual weight goals.
- **Occupational Therapy** will present on the use of assistive technology to promote independence with daily activities; environmental control; and access to phones, computers/tablets, and communication devices. This class will review technology to help adapt traditional access methods for ease of access and will not address computer/technology skills.
- **Physical Therapy** will provide instruction on how to perform exercises of the legs and trunk that promote flexibility, strength, and endurance. Physical therapy will also offer a Tai Chi course that can focus on the same goals included above in addition to improving balance and focus among other benefits.
- **Psychology** will discuss the importance of mindfulness for wellness, applications for mindfulness, and ways to incorporate mindfulness in your daily life.
- **Recreation Therapy** will provide opportunities to learn about and experience recreation and leisure; to aid in physical exercise and movement both in your home and in the community.
- **Vocational Rehab** will provide information about job training, seeking employment and employment accommodations

Wednesday January 24, 2018 11am – 12pm

Assistive Technology- *Presented by Occupational Therapy*

Wednesday February 28, 2018 11am – 12pm

Tai Chi- *Presented by Physical Therapy*



Wednesday March 28, 2018 11am – 12pm

Yoga- *Presented by Mary Terese Wanicek-Squeo*

Wednesday April 25, 2018 11am – 12pm

Community Resources- *Presented by Recreation Therapy*

Wednesday May 23, 2018 11am – 12pm

Weight Management- *Presented by Nutrition*

Wednesday June 27, 2018 11am – 12pm

Considering Employment for Patients with SCI- *Presented by Vocational Rehab*

For additional information on health and wellness classes contact Megan Fletcher 708-202-2106.