

# Stroke Wellness

## Brooks Rehabilitation Stroke Wellness Program at the Y

Rehabilitation experts from Brooks have teamed up with the YMCA of Florida's First Coast to offer an individualized and supervised exercise program for stroke survivors. The Stroke Wellness Program will allow stroke survivors to stay active and improve their health after they complete formal physical therapy. An individualized exercise program will be developed for each individual during an initial evaluation with a Brooks' physical therapist and performed with other stroke survivors under the guidance of exercise specialists at your local participating Y.

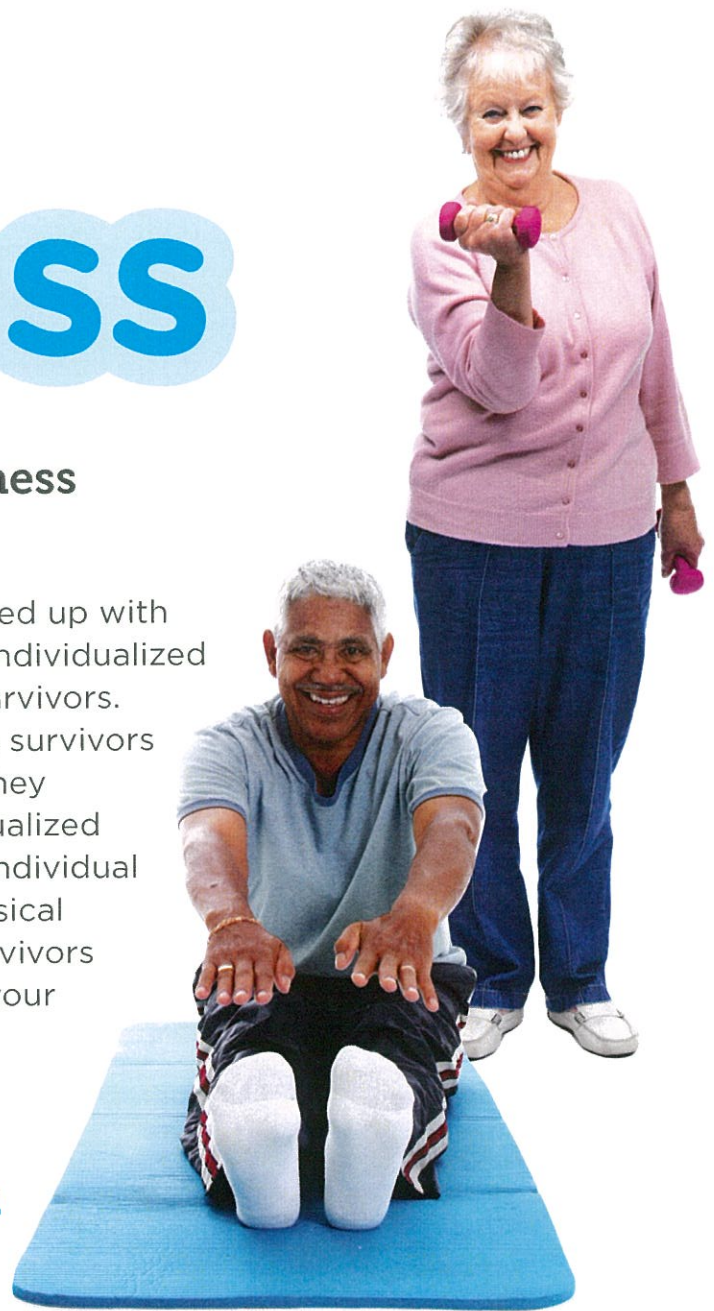
**Y Members- \$15 per month**  
**Non-Y members- \$30 per month**

### Program Locations & Times

- Brooks Family YMCA MWF 1-4 pm
- Johnson Family YMCA MWF 1-4 pm
- St. Augustine Family YMCA MWF 1-4 pm
- Williams Family YMCA T TH 1-4 pm
- Dye Clay Family YMCA T TH 10-12 am

**BROOKS**<sup>SM</sup>  
**Rehabilitation**

BrooksRehab.org/programsservice/stroke-wellness



**For more information  
contact: 904-345-7314**  
**To learn more about the Y,  
visit [Firstcoastymca.org](http://Firstcoastymca.org)**

