

We partner with Murphy Deming College of Health Sciences to offer PT and OT students an opportunity to learn while assisting in adaptive exercise.

During select sessions, those students will provide one-on-one care for participants.

Check to see if the next session will feature this unique opportunity for both students and participants.



We strive to offer quality care for every individual we serve in a safe environment. We keep our ratios of participants to instructors low to ensure that everyone gets the attention they deserve. We use adaptive equipment such as Nu-Step machines, therabands and Bender Balls and utilize protective equipment such as gait belts and harnesses as needed. Our instructors understand the unique physiology of our participants and modify to meet everyone's level of ability.

**Safety is our top priority.**



**STAUNTON - AUGUSTA FAMILY YMCA**

**708 N. Coalter St. Staunton, Va.  
24401**

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**The STAUNTON-AUGUSTA  
FAMILY YMCA**

**NEURO-WELLNESS  
PROGRAM**



**When physical therapy ends,  
that's when neuro-wellness begins.**



Each session lasts for four weeks. Participants will come on Mondays **and** Wednesdays from either

**1:00 - 2:00 PM or 2:00 - 3:00 PM.**

Email Wendy Shuttty at **wendyshuttty@saymca.org** for current session dates.

Fees per session:

Members: \$70

Non-Members \$85



## The Neuro-Wellness Program is adaptive and group based.

This program offers solutions to people managing neurological conditions that have issues with mobility, gross and fine motor skills, flexibility, range of motion and core strength. Think of it as a continuation of physical therapy in a group-setting.

An individualized program will be developed for each participant and implemented by our certified Personal Trainers. Our trainers have worked closely with licensed physical therapists and have years of experience working with program participants.

### Participating in a fitness program after a prolonged medical issue can improve:

- Blood Pressure
- Overall walking performance
- Decrease recurrent strokes and cardiovascular events
- Increase aerobic fitness
- Flexibility and strength

All of which can become complications following a prolonged period of inactivity.

The group setting offers support and a sense of community. Participants can discover a sense of belonging when they engage with others who are working through or recovering from neurological conditions.



## Referral Form

Expires after 30 days

### Neuro-Wellness Class

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Medical Diagnosis: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Specific Post-Treatment Goals:

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Please specify exercise parameters such as  
( Blood Pressure and Heart Rate ):

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Return Date to Physician: \_\_\_\_\_

Physician's Signature:

\_\_\_\_\_