



CBRC Health & Fitness

STROKE RECOVERY

Physical activity is a cornerstone of risk-reducing interventions for preventing and treating stroke and myocardial infarction. Moreover, exercise can improve the quality of life among stroke survivors by strengthening muscles and improving mobility—all with the goal of restoring function. However, stroke survivors should undergo a complete medical history and physical examination before beginning an exercise program.

Stroke Recovery participants will meet with exercise professionals two times a week for 60-minute sessions.

Available in 3, 6, or 12-month programs.

Cost: \$60-\$70 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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