

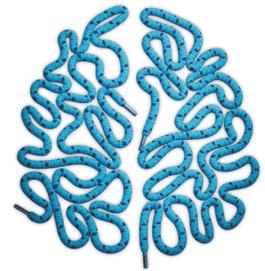


OhioHealth

Neuro Wellness Program

Stroke Wellness

We believe that exercising together with a group of people facing similar challenges and working toward similar goals is more powerful than doing it alone. These classes are designed to meet your personal interests, neurologic condition and physical abilities.



Classes are open to all fitness levels and will focus on improving balance, strength, cardiovascular endurance and mobility.

Where is the program offered?

**OhioHealth Ontario Wellness Complex
Health & Fitness Center**

1750 W Fourth St
Mansfield, OH 44906
(419) 526-8900

When are the classes held?

“Drop in classes” designed to accommodate all fitness levels meet on **Tuesdays** and **Thursdays** from **1-2 PM**.

These ongoing classes run continuously. Participants may join the class at any time.

Who can attend these classes?

Stroke Wellness group exercise program is designed for individuals who have had a stroke or traumatic brain injury. These classes are designed to meet the unique physical cognitive challenges of your neurologic condition.

A spouse or caregiver is invited to accompany/assist the participant at no additional charge.

How do I enroll in the program?

Registration is required. Please arrive early or stop by the fitness center beforehand to complete the necessary paperwork.

Fitness Center Members: \$3 per class or \$20 for 10 classes pre-paid

General Public: \$7 per class or \$50 for 10 classes prepaid

Stroke Support Group

Join us at the OhioHealth Mansfield Hospital Medical Office Building - 4th Floor Conference Room. **Second Friday** of the month from **1-2 PM**.



OhioHealth Ontario Health and Fitness Center
(419) 526-8900 or email
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