**Rocky Mountain Stroke Center: 2020 Rehab Services**

Main Office - 5666 S. Bannock St. Littleton, CO 80120:

- **Aphasia Book Club - $10**
  - Thursdays 11:00am - 12:00pm
  - Return to reading with adapted reading options (audiobook/large print) and supports (reading guides) in a social club that allows for fun discussion practicing communication and thinking skills

- **Aphasia Group Therapy - $25**
  - Thursdays 10:00am - 11:00am
  - Led by a board certified speech-language pathologist to help stroke survivors with aphasia practice communication strategies and engage in language exercises and activities.

- **Aphasia Music Therapy - $25**
  - Mondays 11:00am - 12:00pm
  - Led by a board certified music therapist to help stroke survivors with aphasia learn to use music to improve verbal expression and conversational speech.

- **Cognitive Group Therapy - $25**
  - Thursdays 11:00am - 12:00pm
  - Led by a board certified speech-language pathologist to help stroke survivors improve cognitive (thinking) skills such as memory, organization, planning, time management, and problem solving, using strategies and tools to increase independence.

- **Neurological Music Therapy - $25**
  - Mondays 1:00 - 2:00pm
  - Led by a board certified music therapist to enhance movement, verbal expression and processing.

- **Art Therapy - $25 Please call to reserve your spot!**
  - Mondays 10:30am - 12:00pm
  - Explore the healing possibilities of self-expression in multi-medium art therapy for stroke survivors. Art therapy helps the brain regain an ability to combine physical movement with creative thought!

- **Just Guys - $25**
  - Mondays 3:00 - 4:00pm
  - Activities and discussion to help men who have had a stroke, manage stroke related issues.

- **Individual Session (Skill-building Lab/Counseling) - $30/$40**
  - Available By Appointment
  - One-on-one session that is individually tailored to work on communication, cognitive, and/or emotional impacts for both stroke survivors and family members.
  - Offered at four locations: Aurora, Lafayette, Lakewood, Littleton, and Parker

- **Physical Therapy - $35**
  - Tuesdays 10:00am & Wednesdays 12:00pm, 1:00pm, 2:30pm & 3:30pm
  - Ongoing recovery with a licensed physical therapist in group therapy setting.
  - Increases balance, endurance and mobility. *Requires a PT evaluation prior.

- **Pool Therapy - $25**
  - Thursdays 11:45am & 1:15pm
  - In-water exercises to increase balance, coordination, walking, strength, and endurance. Led by an aquatics physical therapist in a warm water pool at a recreation center in Littleton. *Requires a PT evaluation prior.

- **LiteGait - $50**
  - Available By Appointment
  - Individual physical therapy sessions on partial weight bearing equipment. *Requires a PT evaluation prior.

- **Physical Therapy Evaluation - $60**
  - Available By Appointment
  - One-time individual evaluation to assess for Physical Therapy, Pool Therapy, and/or LiteGait participation.

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**Main Office - Seasonal Programs**

- **Adaptive Gardening** - Experience the benefits of nature, planting with peers in raised garden beds
- **Crafts** - Create a variety of crafts such as seasonal/holiday decorations and cards, knitting, and art activities
- **Mindfulness** - By focusing on the present, reduce stress, improve mood, and enhance thinking abilities
- **Adaptive Yoga** - Adapted chair yoga class helps to increase mobility and promote calm by focusing on different breathing techniques that awaken the body and spirit
Lutheran Neurosciences Center: 2020 Rehab Services

**Lakewood - 1687 Cole Blvd Suite 150, Lakewood, CO 80401:**

**Chair Yoga - No Charge**

Adapted chair yoga class helps to increase mobility and reduce stress by focusing on different breathing techniques that awaken the body and spirit.

**Aphasia Group Therapy - $25 Please call to reserve your spot!**

Led by a board certified speech-language pathologist to help stroke survivors with aphasia practice communication strategies and engage in language exercises and activities.

**Neurological Music Therapy - $25 Please call to reserve your spot!**

Led by a board certified music therapist to enhance movement, verbal expression and processing.

Rocky Mountain Stroke Center: 2020 Support Groups

**Main Office - 5666 S. Bannock St. Littleton, CO 80120:**

**Caregiver’s Group - No Charge**

This group is an opportunity to meet with other caregivers and receive support, strategies, and resources.

**Young Stroke & Family Support Group - No Charge**

Support group for survivors who had strokes under 55 with breakout sessions for caregivers and survivors.

**UCH Stroke Support Groups - 2400 S. Peoria St. Aurora, CO 80014:**

**Stroke Support Groups - No Charge**

Support group for all ages with breakout sessions for caregivers and survivors.

**Lafayette Stroke Support Groups - 200 Exempla Circle, Lafayette, CO 80026:**

**Stroke Support Groups - No Charge**

Support group for all ages with breakout sessions for caregivers and survivors.

**Lutheran Medical Center Stroke Support Groups - 1687 Cole Blvd Suite 150, Lakewood, CO 80401:**

**Stroke Support Groups - No Charge**

Support group for all ages with breakout sessions for caregivers and survivors.

**Parker Stroke Support Groups - 9395 Crown Crest Blvd, Parker, CO 80138:**

**Stroke Support Groups - No Charge**

Support group for all ages with breakout sessions for caregivers and survivors.

Call or visit our website: (303) 730-8800 or www.strokecolorado.org