



Stroke Support Services

THURSDAYS – STARTING OCTOBER 10, 2019

9:30-10:30 a.m. | Chair Yoga

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

10:30 a.m. - 12:00 p.m. | Stroke Survivor and Caregiver Support Groups

1 - 2 p.m. | Aphasia Group Therapy – \$25/class

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

2 - 3 p.m. | Neurological Music Therapy – \$25/class

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

12 - 4 p.m. | Individual Session – Skill-Building Lab – \$30/Counseling \$40

(Available by Appointment) – Skill-building labs are tailored to work on communication, cognitive, and/or practical skills that were impacted by stroke.

Counseling offers education about stroke recovery, community resources, and coping strategies for managing the impact of stroke for both survivors and caregivers.

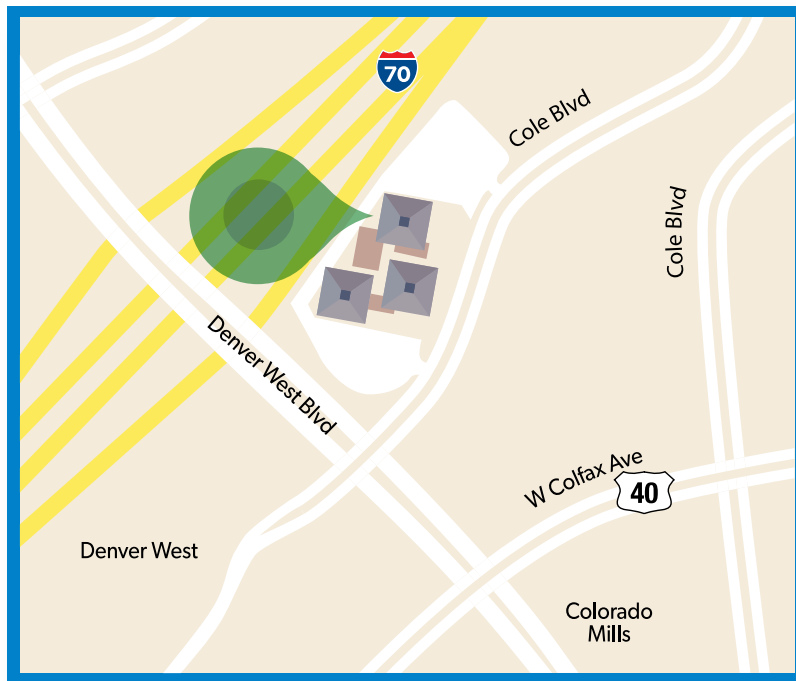
For more information and to sign up call: [303-730-8800](tel:303-730-8800) or
email: Carly Lancaster, LSW, Social Worker: carly@strokecolorado.org

www.strokecolorado.org



Neurosciences Center at Denver West

1687 Cole Boulevard, Suite 150 | Lakewood, CO 80401 (See reverse side for map and directions)



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Stroke Support Services

Lutheran Neurosciences Center at Denver West

Map and Directions

From the east (via US-6 W)

- West on US-6 W to Simms St.
- Right on Simms St. to Colfax Ave.
- Left on Colfax Ave. to Denver West Colorado Mills Pkwy.
- Right on Denver West Colorado Mills Pkwy to Cole Blvd.
- Right on Cole Blvd.
- On Cole Blvd., turn Left into the 2nd entrance of Denver West Office Park (see map)
- Park on the West side of Building 1687

From the south (via CO-470):

- Exit Right off CO-470 and merge onto I-70 E
- Right on Exit 263 from I-70 E toward Denver West Colorado Mills Pkwy.
- Left on Cole Blvd.
- On Cole Blvd., turn Left into the 2nd entrance of Denver West Office Park (see map)
- Park on the west side of Building 1687

From the north (via I-70 W):

- Right on Exit 263 from I-70 W toward Denver West Colorado Mills Pkwy.
- Left on Denver West Colorado Mills Pkwy.
- Left on Cole Blvd.
- On Cole Blvd., turn Left into the 2nd entrance of Denver West Office Park (see map)
- Park on the West side of Building 1687

