



Physical Medicine & Rehabilitation presents:
2018 Friends, Fun & Wellness



When your physical health is affected, every angle of life seems to be changed. Challenges arise, relationships evolve and a new normal develops. Often, making time to have fun falls to the bottom of your list, but friendship, laughter and joy can be the best medicine of all.

This group was created for those who have experienced life-changing health events. Friends, family and caregivers are always invited and encouraged to attend as well! Whether you are new to your condition or a long-time veteran, this is a welcoming place for you to have some well-deserved fun! Learn, share and get to know others who are experiencing similar challenges, changes and success!

Adapted Sports Clinic

Saturday, April 21, 2018 • 10 a.m. - 2 p.m. • Free!
Kirkwood Community College Rec Center

Those with different abilities can try cycling, archery, tennis, yoga & more! Enjoy free lunch & door prizes, too! Call for more info or to sign up!

Kernels Baseball Game vs. Beloit Snappers

Monday, June 25, 2018 • 6:35 p.m. • \$13 tickets

We will have seats and spaces for wheelchairs available together in the Arctic Insulation Party Plaza! Gates open at 5:30 p.m. Food & beverage will be available at additional cost. Kids 5 and under are free! Contact us for tickets by June 21!

Bowling Party: Celebrate Rehab Month!

Sunday, Sept. 30, 2018 • 2-4 pm. • \$3.50 /game
CR Bowling Center • 265 Blairs Ferry Rd NE

Play or just cheer on friends; adaptive equipment will be available; shoe rental is free. Enjoy refreshments and door prizes!

Just for Stroke Survivors & Supporters

Stroke Survivor Breakfast Club

Sat., May 19, 2018 • 8:30 – 10 a.m. • Free!
UnityPoint St. Luke's Hospital • Room 163

This group meets for breakfast every other month. Everyone orders and pays individually. This month, bring-your-own breakfast, or you may purchase from the St. Luke's cafeteria. There will be an expert-led discussion and time for socializing! Call or e-mail to learn future locations.

Stroke Survivor Retreat

Sat., August 11, 2018 • 9 am. – 4 p.m.
PCI Building, Cedar Rapids • Free!

This is a special day for stroke survivors and their supporters. Enjoy interesting speakers and activities designed just for you, as well as time to meet other survivors and supporters going through similar situations. (RSVP required.)

To RSVP, ask questions, or receive e-mail reminders for upcoming events, call Physical Medicine & Rehabilitation at: 319-369-8877 or e-mail: cathy.wiseman@unitypoint.org



UnityPoint Health
St. Luke's Hospital