

Metro Denver Stroke Hub Rehabilitation Services

Registration required for all classes & sessions
First trial class or session **FREE!**

Mindfulness Class

Mindfulness is a tool used to reduce stress and anxiety, while also strengthening attention, focus and thinking abilities.

Wednesdays from 5:00 – 6:00 p.m.

Fee : \$40 / 4 week series

Neurological Music Therapy

Stroke survivors benefit from music therapy in varying ways to help improve speech and re-gain motor-functions. The classes use interactive, fun exercises to challenge cognitive and physical skills. No musical talent is required.

Wednesdays from 4:00 – 5:00p.m.

Fee : \$25 per session

Individual Sessions

Skill-building can focus on speech, cognitive processing, reading, computers/ phones, etc.

Counseling sessions provide a safe space for the individual to process challenges, emotional/ behavioral impacts, grief and loss, as well as learn more to better understand stroke and strategies to cope with the impact.

By appointment only

Fee: \$25 hour (Skill-building)/ \$35 hour (Counseling)

To register contact:

Rocky Mountain Stroke Center
Carly Lancaster, Social Worker
carly@strokecolorado.org
303-730-8800

Location:

Aurora Corporate Plaza
2400 S. Peoria Street
Aurora, CO 80014
Intersection of Iliff and S. Peoria

