

Wellness/Fitness Programs Following Stroke

Exercise Programs

LIVEWELL FITNESS CENTER AFTERCARE PROGRAM

Sister Kenny Rehabilitation Institute – Abbott Northwestern Hospital campus, Minneapolis

If you have a referral from your doctor or are experiencing uncomplicated acute or chronic complaints, you will benefit from the assistance of medical fitness experts. An initial orientation session is provided by a physical therapist, after which you will work out independently.

Hours: Monday-Thursday, 6 a.m.-7 p.m.; Friday, 6 a.m.-4 p.m.

Cost: Enrollment fee of \$20, plus \$90 fee every three months

Contact: 612-863-5178, allina.com/sisterkenny

THE MILTON HURWITZ EXERCARE FITNESS CENTER

Medical Fitness Center, 362 Walnut Street, St. Paul

Connected to Gold Parking Ramp on Smith Ave. at United Hospital

Health information form completed by a physician is required. Initial orientation and program are scheduled with an exercise physiologist, after which individuals work out independently.

Hours: Monday-Friday, 5 a.m.-7:30 p.m.; Saturday & Sunday 8 a.m.-noon

Cost: Exercise Physiologist - \$55 (plus tax) orientation fee.

Monthly fee varies.

Contact: 651-241-8080



STAY FIT PROGRAM

Courage Center, Golden Valley and Stillwater locations

This program is specifically designed for participants requiring assistance or guidance to complete their exercise program. A fitness assessment is required for proper program placement.

Cost: \$145.00 for ten half-hour sessions.

Cost of Stay Fit Plus: \$218.00 for a ten-week session.

Contact: Golden Valley, 763-520-0366; Stillwater (call Nicole), 651-351-2325
courage.org

SISTER KENNY SPORTS & PHYSICAL THERAPY CENTER AT GOLD'S GYM

101 14th St. NE, Buffalo, MN 55313

Physical therapists are available on staff to assist in setting up an exercise and/or pool program.

Contact: 763-684-3880

SILVERSNEAKERS FITNESS PROGRAM

This a national fitness program for older adults offering a blend of physical activity, healthy lifestyle and socially oriented programming at local fitness and community centers. Some insurance companies will reimburse for this program.

Contact: silversneakers.com for information about specific locations in your area.

SISTER KENNY REHABILITATION INSTITUTE'S TAI CHI FOR PERSONS WITH STROKE, BRAIN INJURIES OR MOVEMENT DISORDERS

Phillips Eye Institute Heilicher Auditorium, 2215 Park Ave. So, Minneapolis, MN 55407

Hours: Fridays from 1-2 p.m. Consecutive sessions start throughout the year.

Cost: \$30 for a 6-week session

Contact: 612-863-4996,
allina.com/sisterkenny

Aquatic Therapy

COMMUNITY SWIM FOR PEOPLE WITH DISABILITIES

Wasie Therapeutic Swimming Pool at Sister Kenny Institute
Abbott Northwestern Hospital campus,
Minneapolis

Individuals with disabilities who have a doctor's order may use the pool for independent swimming and exercise.

Hours: Tuesday and Thursday, 6-8 p.m.

Cost: \$3 per visit

Contact number: 612-863-5238, allina.com/sisterkenny

INDEPENDENT SWIMMING FOR PEOPLE WITH DISABILITIES

Wasie Therapeutic Swimming Pool at Sister Kenny Institute

Abbott Northwestern Hospital campus,
Minneapolis

Hours: A one-hour session may be scheduled Monday-Friday, 8 a.m.-12 noon

Cost: 6 weeks for \$25

Contact: 612-863-5238,
allina.com/sisterkenny

AQUATIC STROKE CLASS, COURAGE CENTER

courage.org

ASSISTED CLASS

Golden Valley: Monday and Wednesday,
10-11 a.m.

Contact: Heidi, 763-520-0687

Stillwater: Monday and Wednesday,
10-11 a.m.

Contact: Michelle, 651-351-2312

Cost: \$100 for a 10-week session

UNASSISTED CLASS

Golden Valley: Tuesday and Thursday,
10-11 a.m.

Contact: Heidi, 763-520-0687

Stillwater: Tuesday and Thursday, 10-11 a.m.

Contact: Brian, 651-351-2327

Cost: \$100 for an 8-week session

SHOLOM COMMUNITY ALLIANCE - DAVID FEINBERG VITALITY & AQUATICS CENTER

730 Kay Ave., St. Paul, MN 55102

Both therapy services and independent use of
the warm water pool are available.

Contacts: For information on therapy, contact
Emily in the rehabilitation department, 651-328-
2050.

For more information on membership or to
schedule an appointment, call 651-328-2051.

Cost: Membership is \$50 per month; member is
entitled access to both the pool (with open-pool
hours) and to fitness equipment.

Sports/Leisure Programs

SISTER KENNY GOLF PROGRAM FOR GOLFERS WITH DISABILITIES

Braemar Golf Course, Edina; and Island Lake Golf
and Training Center, Shoreview

League play, adaptive equipment, instruction
and annual tournament.

Contact: 612-863-5712, ext.2, [allina.com/
sisterkenny](http://allina.com/sisterkenny)

E-mail: paige.safranski@allina.com

COURAGE CENTER

Instruction, adaptive equipment and
opportunities for skiing, water sports,
archery, fishing, bowling and marksmanship.

Contact: 763-520-0312, courage.org

WILDERNESS INQUIRY

“Our mission is to make adventure travel
accessible to everyone, regardless of age,
background or ability.”

Contact: 612-676-9400,
wildernessinquiry.org

CAPABLE PARTNER, INC.

The vision and mission of Capable Partners
are to create a well-known and respected
Twin Cities-based non-profit organization of
sport persons, whose mission is to volunteer
their time and talents to provide hunting,
fishing and related opportunities for the
physically challenged.

Contact: 763-439-1038,
capablepartners.org

Health and Healing Resources

THE PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

2833 Chicago Avenue, Minneapolis, MN 55407

Contact: 612-863-3333

PATHWAYS

3115 Hennepin Ave. So., Minneapolis, Minnesota

Contact: 612-822-9061,
pathwaysminneapolis.org

WELL WITHIN

Woodbury Office Plaza, 1811 Weir Drive, Suite 230
Woodbury, Minnesota 55125

Contact: 651-451-3113, wellwithin.org

Stroke Support Groups – Sister Kenny Rehabilitation Institute

allina.com/sisterkenny

ABBOTT NORTHWESTERN HOSPITAL

800 E. 28th Street, Minneapolis, MN 55407

Meeting Time: 2nd Wednesday of the month
2-2:30 p.m.

Contact: Sue Newman, 612-863-4996

BUFFALO HOSPITAL

303 Catlin Street, Buffalo, MN 55313

Meeting Time: 2nd Wednesday of the month
1-2 p.m.

Contact: Penny Bartzen, 763-684-3855

MERCY HOSPITAL

4050 Coon Rapids Blvd., Coon Rapids, MN 55433

Meeting Time: 3rd Wednesday of the month,
1:30-3 p.m.

Contact: Val Marquardt, 763-236-8920

UNITED HOSPITAL

333 North Smith Ave., St. Paul, MN 55102
Room 3610, John Nasseff Heart Center

Meeting Time: 2nd Thursday of the month,
2-3:30 p.m.

Contact: Sarah Beuning, 651-241-5146

UNITY HOSPITAL

550 Osborne Road NE, Fridley, MN 55342

Meeting Time: 1st Thursday of the month
(Oct. – June) 6:30-8 p.m.

Contact: Lara Brennom Tuttle, 763- 236-3068;
Kim Loeffler, 763-236-4096

Community Resources

SOCIAL WORKERS AT SISTER KENNY INSTITUTE

Social workers can provide short-term counseling and information in the following areas: funding for equipment; housing; Social Security; county services, such as alternative care and CADI; Meals on Wheels; Lifeline; adult day care; respite care; insurance/ financial issues; Metro Mobility and other transportation options; home health care and skilled nursing facilities; referrals to adult protection; and caregiver resources.

Contact: 612-863-8892

MINNESOTA STROKE ASSOCIATION

34 13th Ave. NE, Suite B001, Minneapolis, MN 55413

Resources, education and volunteer opportunities.

Contact: 763-553-0088, strokemn.org