

S.T.A.R.
Stroke Treatment And Recovery
&
Parkinson's Disease Program

Scripps Community Rehabilitation Support Programs

S.T.A.R. & Parkinson's Exercise Classes*
Tuesdays & Thursdays 11 a.m. - noon

These free classes offer Stroke and Parkinson's survivors a safe and varied exercise program and supplement the physical activity prescribed by the physician.

Scripps Mercy Hospital Chula Vista Well Being Center
311 Del Mar Avenue Chula Vista



S.T.A.R.
Communications Enhancement Group
Fridays
11 a.m. - noon

Scripps Mercy Hospital Chula Vista Well Being Center
311 Del Mar Avenue Chula Vista

A support group led by a speech professional helps adults with communications difficulties resulting from stroke.

These community programs are free of charge.
Participants must be assisted by their caregivers.

For more information or registration call Scripps
Rehab at 619-691-7481

***Completion of a physician release form
is required for exercise classes.**

 **Scripps Mercy Hospital**
Chula Vista