



Why Wellness from RehabCare?

Wellness is not just the absence of disease - it can be measured in all aspects of life... body, mind and spirit. Wellness programs like Smart Moves from RehabCare help people improve and maintain their health while working toward their maximum potential.

Smart Moves

Led by trained professionals, Smart Moves is designed to promote health and wellness through education and early identification programs.

The following offerings are designed to help individuals monitor performance in the physical attributes needed for activities of daily living: strength, balance, flexibility and endurance.

Offerings

Senior Fitness Test

Physical fitness is an indicator of ability to perform everyday activities today and in the future. Participation in this standardized test provides participants with a fitness score, which compares individuals to others of the same age and gender. A personalized activity plan is then created based on the results.

Health Education Classes

Individuals can attend a healthy learning lecture to expand their knowledge on numerous health topics. Attend a healthy learning lecture to listen, learn, and ask questions. Those curious about a specific topic or request can contact the therapy team. Some of the topics wellness coordinators explore include:

- Understanding and Exercising with Osteoporosis
- Home Safety
- Understanding Incontinence
- Fall Prevention
- Understanding and Exercising with Arthritis
- Low Vision

- How to Set Physical Activity Goals
- And many more

“Tune-Up” Clinic

“Tune-up” your walker, wheelchair, or other mobility device. While you are at this clinic we will shine up your equipment, make adjustments such as height, provide recommendations on appropriateness, and provide information on receiving a new piece if applicable.

For more information, visit www.rehabcare.com.