

Adaptive Mobility

NEW BEGINNINGS AFTER STROKE

Adaptive Mobility is for people who have had a stroke or a related disorder and wish to meet with others for social and recreational activities. The class is ongoing and free to attend.

(This is a non-custodial care class. Care partners must stay with the participant if they need any help throughout the program.)

PROGRAM INCLUDES:

- Motor and cognitive skill-based exercises
- Group discussion
- Nutritional snacks
- Education and information
- Recreational activities and games

WHEN: 1–3pm every Monday (except holidays)

WHERE: Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90277

For more information, or to enroll, contact Greg Flaxman at 310-374-3426, ext. 138 or greg.flaxman@bchd.org.

