

The Post Stroke Group



Sunnyview's Post Stroke Group addresses the unique cognitive and communication needs of stroke survivors. The group offers socialization, programming, and support through small and large group activities and education. Occasional community outings are organized to help survivors feel more independent and comfortable in trying new activities.

The group is led by a Certified Therapeutic Recreation Specialist. The weekly, four-hour sessions include:

- Exercise
- Large group cognitive activity
- Lunch
- Smaller group activities targeting socialization and cognitive skills

A tuition fee is billed bi-annually in January and July. Scholarships may be available for those who qualify. ***Members must be independent in self-care needs or accompanied by a caregiver or companion.***

Please call the Therapeutic Recreation Department for more information at
(518) 382-4576.

 Sunnyview Rehabilitation
Hospital

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About Our Therapeutic Recreation Program

Sunnyview Rehabilitation Hospital proudly offers an array of unique classes and programs for individuals with disabilities. From art to golf, fishing to handcycling, our programs offer opportunities to explore and participate in sports and leisure activities, learn new skills, and gain self-confidence.

Programs include:

- Post-Stroke Group
- Studio Arts Program
- Adaptive Recreation Experiences



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