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Our Life Paths are  
focused on residents  
being able to Live  
Smart and Live Well.

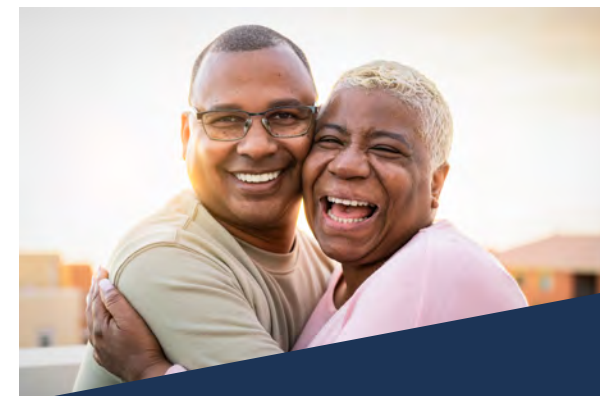
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**Your Logo Here**  
(Colors used in this flyer will be  
determined by the colors used in  
your logo or complimentary to them)

## THE BENEFITS of THERAPY *and* WELLNESS

- ★ Protect and improve the residents' health, as well as to identify diseases in their early stages, allowing early treatment.
- ★ Maintain functional mobility, independence, and improve overall quality of life.
- ★ Improve emotional health and reduce the risk of depression.

Our diverse Life Paths offer something for everyone, from our rehabilitation gym and Live Smart lectures, clinics, and events, we are equipped to provide you the active, enriched lifestyle you desire today, with access to care you may need someday ensuring you are able to Live Well.



Live Smart.  
Live Well.



**CALL ###.###.####**

Your Address Here

**Rehabilitation Services  
Managed By Functional  
Pathways Preferred  
[www.fprehab.com](http://www.fprehab.com)**



## Physical, Occupational, and Speech Therapy Programs for Treating Parkinson's

**Rock Steady, LSVT Loud, & LSVT Big Certified Therapist to reverse, reduce, and delay symptoms of PD**

### Rock Steady Boxing

Non-contact boxing inspired therapeutic classes designed to slow the disease progression of Parkinson's by improving hand-eye coordination; building strength, flexibility, and speed; and enhancing quality of life.

### LSVT Loud

Speech therapy for symptoms of PD related communication impairment that improves speech clarity and intelligibility; enhances facial expression and verbal articulation; and improves swallowing and neural functioning.

### LSVT Big

Limb and body movement therapy that improves motor functioning and balance by helping to walk faster, take bigger steps, and increase trunk rotation; to reduce falls allowing for safer movement; and to maintain better range of motion and strength.

# MEASE LIFE AQUATICS



## Water Works

**This Arthritis Foundation Aquatic Program is an exercise class designed specifically for individuals with arthritis. Gentle activities will help you increase joint flexibility and range of motion and maintain muscle strength.**

## Hydro Fit

**Moderate level aquatic fitness class focusing on strength and cardiovascular exercise followed by cool down utilizing balance.**

## Therapy

At Functional Pathways Preferred, each resident can implement without the supervision of a therapist, nurse, or skilled caregiver. Our therapeutic treatments can ensure goals and outcomes are met by tackling major issues such as the following:

**Physical Therapy** Aids those from falling from loss of balance, suffering bodily/muscle pains, and experiencing low activity with poor endurance.

**Speech Therapy** Repairs speech impediments such as vocal issues, stuttering/slurred speech, and memory loss during communication.

**Occupational Therapy** Trains to regain knowledge of daily activities and home assessments affected by bodily pain, low sensitivity, and mental stagnations.

## Wellness

### Pathways to Chi

A holistic, mind/body approach to pain management that merges traditional Western medicine to those of Eastern medicine. The energy of life flowing through creation will make a person feel alive, alert, and present.

### Be Steady

A fall-prevention program that provides recommendations for activities and wellness programs to maintain gains through rehabilitation.

### Breath Steady

An innovative pathway that provides a holistic approach to pulmonary care focusing on symptom management and improvement of lung function.

### Pathways to Engagement

A pathway for those with cognitive impairments, such as dementia, by utilizing comprehensive, interdisciplinary treatment to enhance mental stability.

*For a full list of available classes, visit [www.fprehab.com](http://www.fprehab.com)*