

TRAINING FOR LIFE

The Amputeam **TRAINING FOR LIFE WORKSHOPS** are open to all amputees and rehab professionals who desire an opportunity to learn techniques for increasing functional prosthetic goals. At the Amputeam **TRAINING FOR LIFE WORKSHOPS**, amputees will have the opportunity to learn exercises designed for the beginning, intermediate and advanced level patient. Therapists will have the opportunity to assist amputees in their exercises and be able to implement these hands-on skills in their practices.

The **TRAINING FOR LIFE WORKSHOPS** are yet another way for amputees to continue the rehab process on a monthly basis. All age groups and activity levels are encouraged to attend. The exercises and training methods have been designed to ensure that all amputees can benefit.

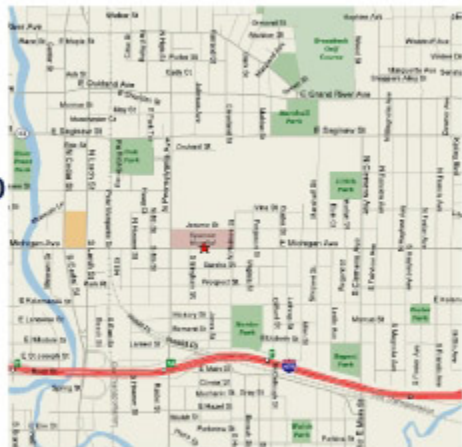
Come dressed to participate in stretching, strengthening, and running exercises! Wear shorts or loose clothing and tennis shoes. Family members are strongly encouraged to attend. They are valued and important members of the Amputeam!

TRAINING FOR LIFE WORKSHOPS

**Sparrow Hospital
Inpatient
Rehab Therapy Gym
1215 E. Michigan Ave.
Lansing, MI 48909-7980**

Tuesdays
11:45am to 1:00pm

**October 9, 2007
January 15, 2008
April 8, 2008**



AMPUTEAM
AWRIGHT & FILIPPIS PROGRAM

**IF YOU NEED MORE INFORMATION, CONTACT US AT
1-888-AMPUTEAM OR WWW.AMPUTEAM.COM**